

Loss & Love

Loss is full of confusion. An extremely vital presence in your life is suddenly taken and gone, permanently. Its sudden non-existence makes it feel as though it can never be again, that it ceases to exist and you fear you will never have enough proof it existed. No pictures, videos or memories will ever feel sufficiently representative of the feelings you hold inside.

It's a paralyzing feeling.

A new begin is forced upon you without your permission. It feels like you have been robbed. All that is left is everlasting pain that leaves you gasping for air between the cries. From one second to the next there is a void. Your thoughts begin to drown in fear. You start to believe the void will live inside of you for the rest of your life, crushing your heart when you least expect it. Then, as if it's not enough, guilt begins to set in. Guilt that if the void were to be filled, it would be betrayal. It feels as though you are diminishing the value of their life. You also know time will naturally distance you from the event and therefore the pain will decrease overtime, once again bringing back the feeling of betrayal.

Which means you will never allow yourself to fully fill the void.

So, what helps us sleep at night? We all have had the thought, "I lost everything" at least once in our lives. When we really take a look, we realize that we are left with much more than what we had before. So it in itself, cannot be loss. All we can do between the continuously numbing pain, is to remember that without it, we would be less. That realization should be enough; that without it, we would not know love.

Gabrielle Suryn