

## The End or The Beginning?

Enjoy the words of T S Eliot from the fourth quartet, Little Giddling:

*What we call the beginning is often the end  
And to make an end is to make a beginning  
The end is where we start from...  
We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.*

Every day we face an ending and a beginning. Most go by hardly noticed. Some have long term lasting effects on our lives, some even for the rest of our lives.

Some examples are:

**Birth**  
**Death**  
**Disability**  
**Divorce**  
**Loss of love**  
**Loss of a job**  
**Loss of a close friend**  
**A child going off to college**  
**A child getting married**

**Moving  
New job  
Separation  
Natural disaster**

**We are designed to move forward, to embrace the beginning. We mourn the loss, we often dwell in the loss, and we feel the emptiness of the loss. The greater the value, the greater the relationship, and the greater the love, the greater will be the loss. It's our reality.**

**We can rest in the loss, we can remember and reflect on the wonder of what was -- the joy, the excitement, and the fulfillment of what was. We can always feel the emotion, the love, the connection, and the vibrancy of it all.**

**Our charge is to take that ending, that ending we never expected or wanted to end, and make a beginning out of it. How to move forward, how to embrace the end so that we can and do move forward.**

**We find the beginning in the end. The end guides us to the right beginning. We need to allow and accept the end so that it can show us our new beginning. There is a value and a lesson in the end that propels us forward to the new beginning.**

**Embrace the beginning. Embrace the lesson and the opportunity to move forward, renewed, and guided, guided by the past. As we move forward our past is with us, guiding us, showing us, and helping us to make the new beginning.**

**There is always a value and a lesson we can use to go forth, beginning with new knowledge and understanding. As we begin again we are better, wiser, and more worldly. We can**

**do it, we can be better, and we can help others. We have a reason, a value, and a purpose.**

**When you are ready, begin. Some endings are traumatic and take time to heal. Allow yourself the time to heal, the time to process, and the time to grieve. In the process, and out of the process, comes your beginning. Unknown to you, in your grieving is the progress and the light of the beginning. Allow it, accept it, and embrace it. It's a gift to you.**

**As we end our time here on earth we will return to where we started and know the place for the first time.**