

## **THE FIVE POWERS OF MANAGING LOSS AND RELATIONSHIPS**

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### **1. The Power of Intention**

In the grieving process and in managing our interactions with others during stressful times, we must at all times, this day, this week, this month, and this year, be caring and compassionate with ourselves and others.

### **2. The Power of Countering Negativity**

This refers to the effort you make to identify and challenge the negative thoughts, feelings, and behaviors that generate self-centeredness, movement towards isolation, and unhealthy behaviors.

### **3. The Power of Prayer**

Dedicate your prayer to all that is good and the well being of others.

### **4. The Power of Acquaintance**

There is nothing that does not become easier with acquaintance. Acquaintance with “right” thinking, healthy life practices, family, socialization, community, even death and suffering, can benefit us a thousand fold in our journey through life.

### **5. The Power of Movement**

To be living is to be in movement. Standing still or being stuck is akin to death; create movement, break free when bound. Seek the assistance of others when you can't do this alone.