Coping with Grief at Christmas



It’s Christmas Eve, my friends. Tonight, for many, it means family and a traditional meal. Others will be volunteering to feed the less fortunate. Some will be heading to Midnight Mass. Yet others will be “all snug in their beds, while visions of sugar plums dance in their heads.”

It is the night before Christmas, after all.

But many will be immersed in one sort of grief or another over lost loved ones.

My mother passed away on Christmas Eve, so it’s a bittersweet time for my family and me. I desire as much of my family around me as possible. So, tonight my husband, brother, a dear cousin and I will be driving from Calabrese household to Calabrese household, joining in as many

festivities as possible in one night.

Cousins. Cousins. Cousins.

I'll never get enough of them, particularly at this time of year.

On the other hand, some people may prefer to be alone. These folks generally find it difficult to be in groups. Although they're absorbed in their sorrow, they don't want to discuss it. They don't want to be consoled.

They prefer to suffer in silence.

For those who suffer in this way, along with it they may have feelings that get easily hurt because pain is already so close to the surface, and it doesn't take much to rip off the scab.

Yet they can't cry.

Sometimes, they may put on mournful music to force that emotional release that crying brings. But they certainly don't want witnesses.

They are stuck in a deep, chronic sadness that, over time, has disconnected them from others who care.

We've established that *Ignatia amara* is a premier homeopathic medicine for grief. (See

Homeopathy Cured Grief and Sadness Without Chemicals.) However, *Ignatia* is sometimes considered for more *recent* grief.

In homeopathy, it has been said that *Natrum muriaticum* is the "chronic" of *Ignatia*. In other words, when the grief has been more longstanding and is now a deeply buried, quiet chronic sadness – a silent grief – *Nat mur* ought to come to mind.

The person needing *Nat mur* is most often responsible, serious, measured, and proper. Yet underneath, they are devastated and heading deeper into depression.

Generally employed in the 200th potency every three days, *Natrum muriaticum* has been shown to right the crumbling ship and hearken those drowning in grief to rejoin the living. (And then, we would stop the medicine – unless and until it is needed again if the symptoms return.)

My dear friends, during Christmas, emotions are naturally heightened. Our departed loved ones somehow feel closer yet even more distant – simultaneously. It's only natural that each of us will have our melancholy moments. But if someone is suffering in silence, preferring to remain alone and cut off, perhaps *Nat mur 200*, every three days, for a few doses may be precisely what they need to rise from the ashes.

And what a beautiful gift that would be to give them this Christmas.



From my family to yours, I wish you a blessed Christmas Eve.

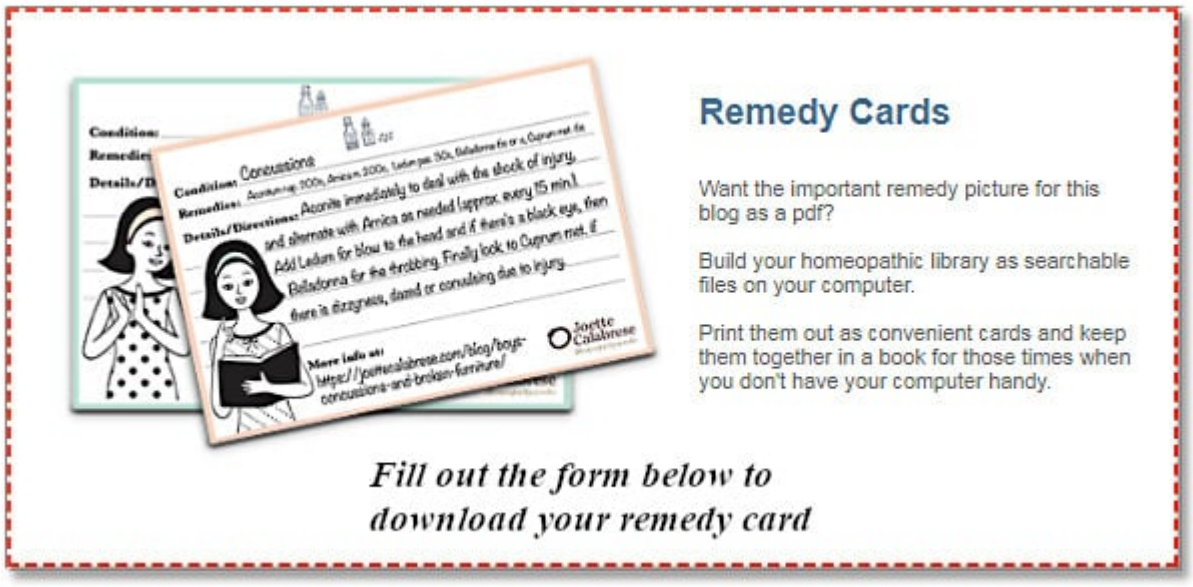
Warmly,



P.S. I should mention that *Nat mur* is also one of our best remedies for migraines. So, if the sufferer is experiencing deep, chronic grief *and* migraines, then this medicine might be a very tight fit.

You can learn more nuances of mental and emotional conditions in my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.

But on Christmas Eve, I'd simply like to give you a gift. I've created a helpful infographic for free download to help illustrate that hope is available for these conditions with Practical Homeopathy®. Just click here: https://joettecalabrese.com/mindful-graphic.



12/24/23 Coping with Grief at Christmas
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Last Name *
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Confirm Email *
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Submit
If you are human, leave this field blank.
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