



It was 2017. I was visiting Turkey and decided to meet up with two of my dear friends. One of them had just lost her father. Through habit, I checked her chakras silently as soon as we met. Her chakras were what I call beyond open. Beyond open chakras not only rotate beautifully, they are the chakra state of pure love. It is the kind of love that fills you and pours out of you. As my friend was talking about her pain of loss, I could see the beauty of the love pouring out of her. She was activated to be a beacon of love for her family. Her love made her shine. Her love made her beautiful. (I talk about it [in this interview.](#))

I recently came across this excerpt from a mindfulness teacher that I love:

“In the Lakota/Sioux tradition, a person who is grieving is considered most wakan, most holy. There’s a sense that when someone is struck by the sudden lightning of loss, he or she stands on the threshold of the spirit world. The prayers of those who grieve are considered especially strong, and it is proper to ask them for their help.

You might recall what it's like to be with someone who has grieved deeply. The person has no layer of protection, nothing left to defend. The mystery is looking out through that person's eyes. For the time being, he or she has accepted the reality of loss and has stopped clinging to the past or grasping at the future. In the groundless openness of sorrow, there is a wholeness of presence and a deep natural wisdom." — Tara Brach, True Refuge: Finding Peace and Freedom in Your Own Awakened Heart

If you or someone you love is going through intense grief, look them in the eye and tell them how extraordinarily beautiful they are. Tell them how lucky you are to witness them. If they are not ready to hear you in words, speak to them silently heart to heart. If this is you, extend the same kindness to yourself. And know that as long as you love, you are in service to all life.

With love and light,

Damla