

Emerging Voices is a book of the poetry and artwork that I created in 2010 to describe the feelings of grief and loss I experienced after the death of my husband of 42 years. The bereavement community, friends and family encouraged me to share what I had written because my poems reached out and touched others in a profound way, regardless of the type of loss the reader had experienced. Loss is most often associated with the death of a loved one; but feelings of loss also come from: * divorce or a relationship breakup * loss of a friendship* loss of health or ones physicality * loss of a cherished dream. Sometimes it feels as if the pain and sorrow from loss will never let up. These emotions are very raw and really hurt, but accepting them as part of the grieving process and allowing yourself to feel what you feel is necessary for healing. Grief and mourning is a poignant process - each one of us experiences that journey in our own way. The healing process is just that, a process, and there is no magic time for an individuals grieving to end. While leaving a permanent wound on your heart and soul, in time grief softens its hold. This tender wound can be reopened without warning by an unexpected nuance or life event, and sorrow takes hold once again. The difference is that these unexpected moments dont last as long as they did in the beginning and healing continues. * Instead of a series of stages, we might think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief. Source: Hospice Foundation of America My book, Emerging Voices-Living On is intended to be a heart-felt gift to the reader as he or she travels down the painful and winding road of loss. There are blank journal pages within which provide a place for each individual to record his or her own thoughts and unique feelings. Writing helped me heal during that traumatic time and my wish is that my words within the book offer a place of solace for others. Whatever your grief experience, it is important to be patient with yourself and to allow the process to unfold naturally. Like a puzzle, grief comes in all shapes and forms - as does the journey of getting to a place of peace and comfort within us. Yes, my husbands death has forever altered my life, but I now know that I am grateful to have been given the gift of a renewed and transformed spirit. Today, when I meet someone who has experienced a loss, I do not say Im sorry, I say from my knowing heart I understand. Newsflash! Emerging Voices-Living On has been nominated to be on the 2014 Spirited Woman Top 12 Spring Book Pick List

Rhodes Around Britain (Great Foods), Fly Fishermen of Caldwell County: North Carolina Life Stories, The Languages of Love, If There Be Pain, Pastor Helen Tells It All: Now the Gospel Bird Sings, Frank #4, The Pretenders: Gifted People Who Have Difficulty Learning,

Well this is the feeling you get when you read Emerging Voices Living On: A Journey Through Loss to Renewal by Laurel D Rund. Everything. Emerging Voices Living On has 3 ratings and 1 review. Ann N Williams said: Heart Opening! Laurel Rund has created magic from her grief! What an inspir.

Emerging Voices - Living on: A Journey Through Loss to Renewal: Laurel D Rund: Books - richardharringtonblog.com This books (Emerging Voices - Living on: A Journey Through Loss to Renewal [PDF]) Made by Laurel D. Rund About Books Emerging Voices. Emerging Voices Living On-A Journey Through Loss to Renewal is a compilation of Laurel D. Rund's original artwork and poetry that speaks to the many faces. Emerging Voices Living On: A Journey Through Loss to Renewal is a book of poetry and 'Art from the Heart' which I

composed and illustrated in to.

Emerging Voices Living On: A Journey Through Loss to Renewal, was created as Laurel walked the long path of personal healing from grief to renewal. Synopsis. Emerging Voices has a purpose to serve as a journal and healing catalyst for anyone who has experienced a loss. The art and poetry within is a. Inspirational musings on life from Laurel D. Rund's ever-emerging voice. and grief to hope - Emerging Voices Living On: A Journey Through Loss to Renewal. 5 Aug - 21 sec New Releases Emerging Voices - Living on: A Journey Through Loss to Renewal For Full. 3. Up until the last year of my husband Marty's life, I had been working as a Emerging Voices Living On: A Journey Through Loss to Renewal.

EMERGING VOICES~LIVING ON: A JOURNEY THROUGH LOSS TO RENEWAL - is meant to inspire hope and reaffirm life. Laurel Rund's art and poetry within. 16 Sep - 3 min - Uploaded by Laurel D. Rund Emerging Voices Living On: A Journey Through Loss to Renewal is a book of poetry and 'Art. Laurel D. Rund's Art from the Heart is a beautiful and unique gift which is filled with whimsical,. My book, Emerging Voices-Living On, is intended to be a heart -felt gift to the reader as Emerging Voices - A Journey Through Loss to Renewal. Emerging Voices is a book of poetry and artwork created by Laurel Rund in to of 42 years would take me on a journey through loss and grief to a redefined Instead I have been given the gift of a renewed sense of life, its possibilities.

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