



## The Opportunity of Loss

Loss reveals the previously hidden core wound of emptiness. Since loss is the absence of what was temporarily filling that emptiness, it is really a painful and precious revelation. It is an opportunity to finally face and heal the existential fear of aloneness and lack. But it takes courage and trust as it can feel like a scary, bottomless black hole. That is why so very few have discovered what is on the other side. If fully faced and surrendered to, the black hole opens up to Light. It is really a portal to Divine Love. However, more often than not, the loss is immediately filled with a replacement, which sets the stage for another round of loss and opportunity.