

9 THINGS I LEARNED

about life from my
mother's suicide

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Chakralicious
DISCOVER THE RAINBOW WITHIN

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My beautiful mother took her own life on August 20th, 1970. I had just turned 13. It was the worst day of my life and still haunts me.



The last picture of me and my mom together when I was 12. Suicide is a life sentence for loved ones. We never really get over the loss.



I felt so guilty and responsible for not being able to save her that I started suffering from my own bouts of depression. I contemplated taking my own life on many occasions.



At the age of 30, while in the depths of depression, I chose to live and have been proactive in healing my spirit ever since. I have evolved and blossomed into a woman I know she would be proud of.

I have much to be thankful for as a result of what I learned from her, both before and after her death.

Depression doesn't have to be a life sentence. Choose to live and choose to heal your spirit. Find a mentor and act as if until you feel like living.

For energy healing resources: www.Chakralicious.com



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IF YOU ARE FEELING LOW:

1. What makes **life worth living** is knowing yourself and *having a sense of purpose*.
2. We are spiritual beings in a physical body **here to learn and evolve** the spirit through our *life experiences*.
3. Suicide **does not kill your emotional/mental pain**, it only gets rid of your body. Your spirit lives on with your pain. Therefore, *it is important to heal* before God takes you from this earth.
4. Life's traumas and pain are **wake-up calls** to move us in another direction. Use these experiences to *dive in and through the pain to find the garden on the other side*.
5. Know that **you are here for a reason** that no one else can fulfill. Heal your spirit and you'll have everything you need to blossom into the person you're meant to be.
6. You make the world a better place by **BE-ing You**. Your life is *worth living!*

IF YOU SEE SOMEONE ELSE FEELING LOW:

7. **Don't be afraid** to have that “uncomfortable” talk about depression or the possibility of someone you know committing suicide. **Trust your intuition**. If you suspect this is a possibility, let them know how upset, hurt, devastated (choose the right words for you) you will be if they take their life. *Your words can save a life*.
8. Everyone wants to know that *their life matters*. **Tell them “Your life matters to me”** and let them know **why** their life matters to you.
9. You cannot save anyone but **yourself**. Heal yourself and *be the inspiration* for others to do the same.

**When life gives you manure,
turn it into fertilizer to grow a beautiful garden.**

I now have a beautiful garden!
I love you Mama! You are always in my heart!



For more resources: www.YourLifeMattersToMe.com

