

 **Daily Doga *Inspirations for you and your dog***  
**Celebrating Life, Coping with Loss, *Maureen Ross, MA***

Whether you celebrate Memorial Day or not, coping with the anguish of loss can be painful.

When one door closes, another one opens, but that does not lessen or minimize the roller coaster of emotions that accompany a loss. Losing loved ones is painful. Toss of a dog (other pet) excruciating.

Coping with loss is personal. As you grieve our way through the quicksand, imagine someone tossing you a line. Grab on. It may be a slow process, but you will make it to surface.

The universe has a way of assigning each of us what it thinks we can handle. Other species grieve too, as shown on this BBC [You Tube](#) of elephants.

Dogs experience emotion, loss and pain, but nature has provided them with a unique gift of being able to let go, and move on.

We can learn from this. Absolutely experience your loss. Take time to grieve. Then bounce back with resilience. Lessons and memories from loss are the gift.

Celebrating life takes more courage than grieving for a lifetime over something we cannot control.

[Coping with Grief: A Journey through Death ... Transition](#), by Maureen Ross, MA