



A Mothers Loss: True words straight from a mothers heart.

Annie Mitchell

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My friend Jean told me when she lost her own child she felt so alone when there was no one was around to give her a hug or reassurance that she did not have to face her Grief on her own. This is exactly how I felt after my loss especially during the night or when others who knew me were busy getting on with their own life. I felt isolated and angry at myself for feeling the way I did I wanted to get back to my life the way it was before my loss. I began to hate the new world which I found myself now having to face. I did not have the energy or motivation to try to get back any normality in my life. Grief had its hold over me and I felt helpless and useless to my friends and family. I felt there was nothing I could do to help me back on the road to recovery from my tragic loss. No one expects their child to die before them especially when it is an unexpected death. Which lead me to a life of misery and pain and self destruction. It took me all my energy to throw back the bed covers and climb out of bed my eyes were so sore to read anything and I did not want to eat or drink. I totally neglected myself from day one believing I could travel this Journey alone. I did not want anyone to feel sorry or pity for me so I locked myself down into a world which was as far away from normal as it could ever be. Just like my friend Jean I began to read little parts of stories or poetry or an article about someone who like my friend and I had been affected with loss of their child. Some days I would read the same story or article or poetry over and over again and again until I found each time I re-read the words they became clearer in my mind there fore I began to see a little light at the end of the tunnel. Jean my friend and myself now lead a new life which was different to what it had been in the past which we now have accepted is normal for anyone who has lost their most treasured gift in the world their child. When I began you write poetry it came to me mostly when I felt all these feelings I mention here which I can share with you. This is the 2nd edition of A MOTHERS LOSS along with my other publication HOLDING BACK THE TEARS written before these poetry editions. My friend Jean often to this day tell me how much these publications helped her by taking my hand and allowing herself to be lead to a place within her own heart and mind where she could seek comfort from the words. I am sure if you take this opportunity to follow my friend you shall feel you wish to have this little collection of poetry close to your heart. To have it available to you when you need it the most.

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