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A New Way of Being

A Meditation

by Reverend Linn Possell, PAC Lead Mentor Coach

A person living with dementia expresses themselves differently in the world. However, their souls continue to find expression; they are capable of experiencing peace, and they remain open to joy. When these individuals are treated as if their souls can no longer be expressed and others believe that they have lost their ability to connect, their life begins to fade. Dementia does not rob a person living with dementia of their life, their soul, and their spirit. What robs them is when we fail to give them the grace to find new expression and when we stop looking for new ways to help them connect with life. The essence of life continues to move toward growth and awareness. What is eternal is the spirit and the soul. Therefore, when someone is living with dementia, their spirit and soul continue to be. We can facilitate this growth and awareness when we set aside our preconceived ideas about dementia and give them the grace to find new expression, continue to stay connected and celebrate their...Beautiful Spirit.

It is often difficult to let go of what used to be, what we want to be; and yet when we do this, we open up a whole new set of possibilities. Below is a blessing that embraces this idea of letting things go and letting things be. As you read this blessing, hold yourself and also your person living with dementia in your awareness and let the sun, moon, rain, and breeze take away what you are holding on to, and renew your spirit to help someone living with dementia find new expression in the world.

May the sun bring you energy by day, may the moon softly restore you by night, may the rain wash away your worries, may the breeze blow new strength into your being. May you walk gently through the world and know its beauty all the days of your life. - Apache blessing

This meditation is an adapted excerpt from Rev. Possell's book; [Alzheimers, A Beautiful Spirit Celebrated](#).