

If you have lost someone that was once a beautiful part of your life, remind yourself that energy cannot be created or destroyed, it can only be transformed — that is a scientific law. Everything in this world exists within a cycle — our bodies, the nature around us, the stars, the whole entire Universe. Everything is constantly going through phases of life and death, and if we think of that law, we can appreciate those periods of evolution, those periods of death, and reframe them as periods of transformation. The energy that exists within that person, the love you shared, the hope you felt — it is never gone. It exists out in the world somewhere, waiting to be rediscovered.

When you are mourning the loss of a human being, when the grief feels heavy and you wish that they could be experiencing certain things by your side, that you could just share one more moment with them, that you could make just one more memory — remind yourself of that law. They may not be in your life in the way you remember them, but their energy, and their love, and their heart, still exists in this world. They are all around you. They are always with you.

Because the truth is — we never really lose the people we lose. They are knotted within sunsets, and carried in the rain; they are the fragments of light that reach you on your hardest days. They are in the laughter of your best friend, in the music that makes your bones ache. No, we never really lose the human beings we lose. Their love, their beauty, that energy doesn't just disappear — it finds new ways to reach you. It finds new ways to connect.

Pay attention.



In Memory of
Cindy Lee Campbell
August 10, 1967
August 13, 2021



Tribute to Cindy Lee Campbell

A smile, a laugh, a twinkle in her eye -- that's our Cindy Lee! If you want to see it for yourself, you probably will have to go outside. She might have a fishing pole in hand and a bag that will hold a lot of trout. Or, it might be a rifle with plans for a fun hunting trip. With Cindy's skills a bear won't come eat her birthday cake again. Whether playing sports or the piano her talents were on display. We miss you Cindy and will cherish our fond memories of you. Your Mother, Father, and Family on the other side of the veil are trilled to see you, and want to spend time as well. Their smiles are wide, and they love hugging you. Your animals are trilled to see you too. The Campbells and Hutcheons will be playing the bagpipes and dancing the highland fling. Cindy Lee, we love you here, we will love you there, we will love you anywhere! Be at peace our wonderful Cindy Lee.

By: Dr Joyce Leavitt Winterton