

# How not to lose yourself

When your loved one suffers from  
addiction



In eternal love and connection  
to my son Bryce Michael

# Love eternal



The sun always rises.  
So too do I.  
I set you free,  
to the beat of your own drum,  
my eternal love at your feet.

Everyone's path is different. I don't claim to have all the solutions, or that my way is the right way. There is no right path, just our path. If loving someone who suffers from addiction teaches one thing, this is most certainly it, that in the end, it is their path.

How we deal with the choice of another, is our choice. Personally, as a mother whose son started using drugs between 15 and 16 years of age, it is something I learned through experience. I tried everything I could get my hands on to help him. Counseling, therapy, 12 steps, Sheriff camp. I was also involved in these things with him. I asked everyone I knew if they knew of a cure, I read countless books on the subject. I tried tough love and in the end I just loved.

I call my son my Buddha, because after all the things I listed above did not help, I then had Reiki and eventually became a Reiki Master Teacher. My meditation practice deepened. I went deep within my own soul.

I then set up a website with solutions that I found from around the globe and a FB page for solutions.

After 10 months sober, my son got 3 years in prison for stealing a bike while high. At which point, I left the country to delve into my family DNA roots and explore healing solutions from around the world.

When Bryce was released from prison, I went back to the States and picked him up. We had plans to walk the American Discovery Trail across America for one year. I figured this would give him something to do for a year, to heal and keep him active, connect him to the earth, and also he could blog and find purpose. I am no avid hiker, but I was willing to do anything to heal his addiction.

Three days out of prison and he was using meth again. It was a cycle he would continue. In the end he lived on the street, specifically in a small river bank encampment, until he passed August 16, 2020.

Bryce was a beautiful boy with a giving nature. He was an honors student in school and was sociable and liked to help others. He had friends and liked to go camping, skiing, boating. He was a good kid. Even as he used drugs, he helped others out. He was in the end panhandling for money and would help those around him. He was and is the love of my life and my only son.

It was hell for a long time, the not knowing if he was okay, the police at your door, handing out missing person fliers. But, we always said we loved each other and though I learned many healing techniques, he continued to make his choice to use drugs.

I'm writing this because I learned a lot of things along the way. I learned how to stay sane, when a loved one is suffering from illness. I learned how to disconnect from family and friends who do not understand and pass judgements.

There is much written about addiction and dealing with it.

I am sharing some things that helped me find peace and stay grounded during the unknowingness of his addiction and the dangerous situations he was in. I am sharing my understanding of love and being connected to another person no matter what happens.

I'm sharing tips on how to care for yourself when the world around you literally feels like it is being torn out from under you, and you cannot 'save' the one you would give your life for.

I'm sharing how I found peace and how even now I am connected to my son in death. He did not die, just his body did. His spirit is in my heart and I feel him daily.

I offer this as hope. If it resonates for you great, and if it does not that is fine too. We each must find our own path.

I send you love and healing and peace.

It is of course okay to be pissed off and angry and mad and go through the stages of grief during a loved one's addiction and if you do have a loved one pass.

But your spirit is also important.  
Your beautiful light and self is important.

You deserve to be loved and nourished and held in an embrace of eternal loving peace.

I will walk you through some steps that I have come to on my journey. I have some guided meditations I've recorded as well for peace and healing.

Feel free to message me at [sarasloveoflife@gmail.com](mailto:sarasloveoflife@gmail.com) with any questions you may have.

In memory of my sweet angel Bryce who is still here, even now as my guiding angel, gently guiding me to share this with whoever cares to open their hearts and listen.

Much love,  
Sara



I've put together 5 short points around this topic from my personal experience and things that have personally helped me.

I have included short guided meditations that I have recorded to assist you on your path.

Be gentle on yourself as you go through each step.

Feel free to message me at [sarasloveoflife@gmail.com](mailto:sarasloveoflife@gmail.com) if you have any questions or feedback.

May you be well on your journey, and much love to you and your loved one.

Sara Estey

# 1

## it is okay to feel



The wound is the place where the  
light enters you.

Rumi

When your loved one is suffering from addiction, it is normal to feel pain and want to help the person you love. In this state of anxiety, despair, grief , etc., it can feel overwhelming. It is important to recognize and accept the feelings you have.

If we shut down and ignore them, they can get stuck and manifest as disease and affect our outlook on life and also effect our mental state.

You are not responsible for how everyone feels and thinks.  
You are not responsible for everyone around you.  
You are responsible for yourself.

You deserve to be happy. By trying to fix people, change situations for others, while this may be of noble intent, it will generally not work, as we each are the masters of our own lives.

To find some peace in the most difficult of situations, we must feel and accept our feelings.

I have included several guided meditation and audio guided exercises to help you feel, to help you accept your feelings, and when you are ready, to help you release what does not serve you.

First, let's work on releasing feelings inside you that are not helping you, or that make you feel anxiety, sadness, anger, fear, etc. These feelings get stuck in our bodies and create unrest, possible mental issues and even sickness. This guided meditation will help you to release the feeling from your body.

You will choose one feeling to work with in this guided meditation. However, you can do this meditation again and again, working on releasing stuck feelings one by one. You can look to situations with your loved one and how these stories of what you are going through are affecting how you feel. This meditation will speak to that, but will focus on the outcome in your body and give you a technique to release that feeling. As we release these feelings, we open up space inside of us and can bring more peace into our bodies.

Please click on the picture for the guided meditation.



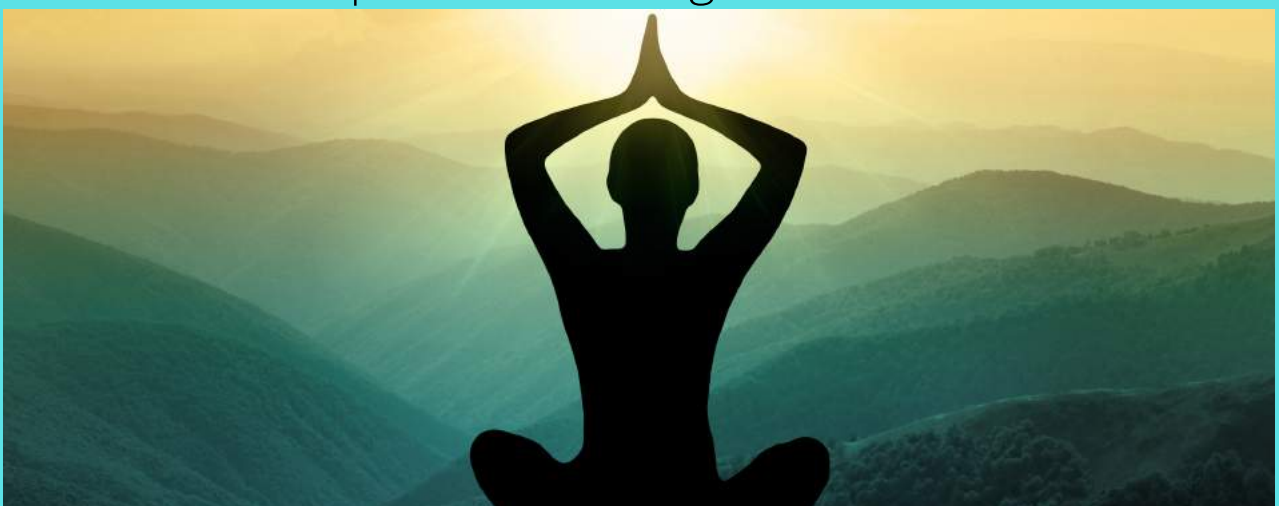
Please continue to work with the feelings meditation for as long and as often as you need to.

I have recorded a guided meditation around releasing our subconscious beliefs that do not serve us. Eighty to 90 percent of our beliefs are formed in the first 7 years of our lives. Dr. Bruce Lipton has done many studies on this, and you can research more on Epigenetics, and theta healing, or message me if you would like more information on this.

Beliefs such as: I am not good enough, I am responsible completely for those around me, it is my responsibility to fix others, if I don't agree I will be hurt, can impact us. As we are not consciously having these thoughts/beliefs, we likely don't realize the impact they have on our lives.

Below is a guided meditation around releasing beliefs that do not serve you. For more complete work around this, please contact me for a full Theta Session where we also replace with beliefs that do serve you.

Please click on the picture for the guided meditation.



# 2

## **how can I live with this?**



Don't let the behavior of others  
destroy your inner peace.

Dalai Lama

When we understand that we are in control of ourselves, that we in fact are not a victim, we become masters of our own destinies.

I am not saying that bad things don't happen to us, or that life is not challenging. Living with a child or loved one that is addicted may be one of the most challenging things experienced. What I am saying is that we have the ability to decide how we are going to react to what happens in our lives.

We have the power on how we react to a situation in our life.

Finding ways to connect, or stay connected to our authentic self, is so important. Though we can help as much as possible in our loved ones recovery, we need to remember we can't totally control another person.

We can look after ourselves though.

By connecting to our self, be that through prayer, meditation, walking in nature, working out, we are caring for our self.

I'll share several meditations that may help you to connect to your sense of peacefulness. I will share a grounding meditation for bringing you into your breath, feeling into your body , your self.

Having a support network of people that are able to listen to you when you need to talk about things is important. Community groups for those dealing with addiction, ALANON, church groups, spiritual groups, a counselor. I personally found a lot of peace through meditation and being in nature, as well as talking to a few friends who could relate to what I was going through.

It is important that we remember we can offer help to our loved ones, but in the end it is their path.

*'No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.'* Buddha

Below is a meditation to relax into your body and help you find a peaceful space and find the power you have within yourself. Just click on the picture below.



# 3

## **nourish yourself**



If you feel 'burnout' setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself.

Dalai Lama

You need to put yourself first. Mind, body and soul. You don't have control of the world around you, but you do have control of yourself. The metaphor of *if you are flying in a plane and the oxygen masks come down, you put yours on before you help the child next to you*, applies to your life in general.

To live happily and fully, you need to take care of yourself.

- Eat healthy.

But allow yourself to have what you wish to eat in moderation that may not be deemed healthy. Do not beat up on yourself if you don't follow the regime you have set.

- Drink enough water.

Be mindful that your body is 70% to 80% water. Click on the picture below for a short video on Dr. Emoto and his water studies. We can actually bless our water, play nice music, tell it happy things before drinking it. This also makes us think about what we say to ourselves, as we are mainly made up of water.



- Exercise.

Stay fit doing an exercise that you enjoy. Embrace your body in love as it is.

Be sure to include walking and being in nature in your routine. Even if you currently only have a small space outside to be in. Grounding or Earthing is important to your wellbeing. Earthing is literally connecting to the earth, feeling the ground.

If you click on the meditation below I will take you through a grounding meditation/exercise.



- Sleep.

Getting enough sleep is important to our wellbeing. Having a set bed time helps. Listening to soothing music, high frequency sleep music or the sounds of dolphins can help relax you.

-Meditate. Many studies are out there showing that meditation helps with our health and our wellbeing.

Click on the picture below for a relaxing meditation. Just 5 minutes a day, in the morning and before bed, meditating helps your mood and relaxes you.



# 4

## live in gratitude



Acknowledging the good that you  
already have in your life is the  
foundation for all abundance.

Eckhart Tolle

Finding gratitude in all situations is one of the best gifts you can give yourself.

Being grateful for what you do have, means that you will be happier and bring in more happiness. If we find issue and fault in the world and ourselves, than that is where we put our focus, and more comes in to us.

Living with addiction is not easy. It can feel debilitating to us. However, as we connect to ourselves, own our power, nourish ourselves, we will more easily be able to find ways to see with gratitude.

I have had challenges such as divorce, abuse, death of a child to name a few. But, I have been able to find gratitude in all situations, and have found learnings from even the most difficult situations. Personally, as I find more to be grateful for, more has come into my life to be grateful for, and I have been able to find gratitude in all things. Each day is a blessing and I choose to find a blessing.

You can keep a gratitude journal and write down each morning when you wake up 5 things you are grateful for in your life. Or, you can just be mindful of seeing things throughout your day that you can be grateful for. Coming from a mindset of gratitude shifts the focus from what is wrong in your life to what is right in your life.

It sounds simple, and I know it may not seem that simple. As you make this a daily practice, it will help to shift your focus to what is positive.

For example, when I lost my son to a drug overdose after years of struggle and searching for the cure, it was not pleasant. Even in this, through my personal spiritual practices and channeling, I found that I could be grateful that he is now not suffering from the addiction. He actually is with me often now and works with me as a spiritual guide.

This ability to be grateful and happy in my being did not come overnight. It is something I consciously focused on as I outline here.

Things like being grateful for having a place to sleep, food to eat, clean drinking water, air to breathe, nature to nurture you, are a good place to start.

Click below for a guided meditation on gratitude and bliss.



# 5

## love connection



You can't save people  
But you can love them.

Unconditional love is defined as affection without any limitations, or love without conditions. This term is sometimes associated with other terms, such as true altruism or complete love

Loving someone as they go through addiction feels tough. From experience I would say it is. However, realizing that the person is light, a divine being, from God, source, however you define this, is comforting. The person is in fact love and allowing your heart to love unconditionally, despite what the other may do, is a beautiful place to be. You send that person your love, your compassion.

Click on the picture below for a heart opening meditation of love.



Trusting yourself does not mean you stop talking to others or listening to others opinions. It means that you know your truth and that you speak your truth, and that you allow others to speak their truths.

As you move into a place of trusting yourself, you also move into a place of more peace and happiness.

As you trust yourself, you believe in yourself, and you know that you are responsible for yourself.

You realize the power to be in peace was inside you all along.

Please click on the picture below for a guided meditation on bringing in your happiness.



Activating every cell in your body with love, health, happiness is a healing meditation I'm also sharing with you.

This is an extra boost of happiness that you can listen to whenever you like.

Please click on the picture below.



# **in conclusion**



You have the power to choose how  
you feel.

I've included meditations to hopefully help you navigate this path in caring for yourself. I recorded the above meditations prior to my son's passing.

He actually is with me still and sometimes works with me. Through his love, I am drawn to share this information.

I have recorded a final meditation of love eternal that he guides me on now. Please know, you are connected always to your loved ones. Please click on the picture below.



Sending you so much love.