

Letting Go of 2018, Healing in 2019

30-12-2018, Amsterdam

This is the shortest “end of the year” letter-to-friends since long time ... It’s a continuation of the one I wrote in June, with the [one-and-a-half-year update](#).

My plans were to **slow down and embrace “what is”**.

Well.

The **first huge shock** was in August, when my father died, unexpectedly, while we were all together on vacation in Lika. His name is Bogdan; I had a very complicated love-hate relationship with him, with lots of trauma, support, abuse, caring, confusion, miss-communications... and un-expressed emotions: anger, love, sadness, tenderness.



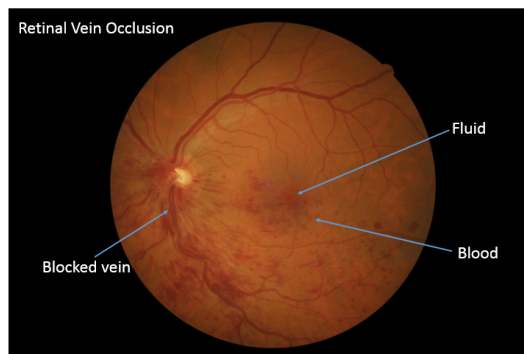
What followed his death was grief, being lost, and surviving well in crisis conditions... and creativity and life-energy spurt, awake due to “there is no time to waste” thinking. I wrote haiku, made many plans about how to express more love and feel all the feelings fully...

<https://becha.home.xs4all.nl/bogdan/>

The second **huge shock** was in October, when I all-of-a-sudden could not see so good with my left eye, while (again) on vacation, in Lika.

Back in Amsterdam, I was diagnosed with an “eye infarct” / Central Retinal Vein Occlusion!

I was scared, in pain, half-blind, tired, in panic, sad, enraged at the “destiny” ... I jumped into searching for help, for diagnosis, treatments... and I got a lot of support, care, understanding, healing!



After 2 months of this, the recovery is going good: now , my vision is 90%, the liquid is drained away from my macula/retina border, and the eye-pressure is down to (almost) normal. Now I need more patience and strength for further improvements, and more analysis and healing... Apparently I have high cholesterol, and a genetic tendency towards diabetes, so I am making adjustments to my "lifestyle" (less carbs, more movement; less stress, more anger release).

The **third huge shock** was when I realized *"I can not go on like this any more"* and broke-up with Arnd: after 7 years of being together!

What brought it on was grief, anxiety, physical suffering and the ongoing effects of C-PTSD due to (childhood) abuse – and also frustration at the "frozen" status of "us".

We are now "on probation", trying to repair what's broken: trust, connection, support...



Celebrating What I Did NOT Do

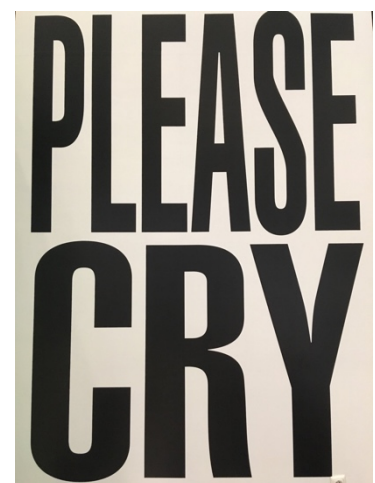
- Didn't go to BalCCoN in Novi Sad, THK in Tarnac **nor** /etc in Bologna
- Didn't go to RePublica, RightsCon, Quantum Internet Workshop, Women in Tech
- Didn't start working more than 3 days per week
- Didn't go to the work-Xmas-party, ANY socials at RIPE77, & only to ½ of the meeting
- Didn't go to the TechnoShamanist meetup in south-of-France
- Didn't go to CCC! #35c3

Grieving for losses

While I am glad I did not go to all those events and places, I am at the same time grieving for all the connections that were not made, friends that I have not met, plans that went unfulfilled...

I am also sad because Camiel's relationship with Paula ended: she is a positive and important influence on Alisa's and Charlies "other" family life, and now she, and her children, will be much less present in my children's lives. On top of that, Paula broke her leg! That made being a single-mother even more difficult! She is mostly recovered, and her courage, strength and high-spirits are a wonderful example of resilience for me.

This year other people went missing or died: Arjen Kamphuis: [#stilldearlymissed](#); [Tessa Kersten-Zenger](#), and some dear public figures: Oliver Dragojevic, Ursula K. LeGuin, & "it's never too late to make a major impact" [Harry Leslie Smith](#) at 95. These are my teachers, and their families & friends are my companions in grief.



Gratitude for Kindnesses

I am grateful to my **employer**, for allowing me to take time off when I needed it; for providing me with a “company doctor” who was my advisor and support and healer; for being a source of income and of financial stability; and for the inspiration and hope for changes in the future – with the announcements of implementing “decentralised” / non-hierarchical organisational practices!

I am grateful to the **NVC group** of “non-violent communication practioners” who followed the Intermediate Level course with me, and the teacher Mirjam Schulpen – they were a source of support, knowledge, empathy, inspiration, love, hugs, ideas, allowing, mirrors, wisdom, kindness, laughter, and a place where I could let myself cry.

I am grateful to have been **included** in “Alchorisma” work-session, by Constant, in z33 in Hasselt (& Bokrijk botanical garden & park), with FoAm and a wonderful group of artists, hackers, nature-lovers, and (techno)shamans. It was wonderful to be able to express creativity & spirituality, experience group-dynamics and self-care, and find balance.

I am grateful to my **family**: Alisa and Charlie, Arnd, Nana, Mileva, Marko, Marija, Vesna, Nina and her family, Djuro, Nada, Arnd’s parents, and many others for going through everything with me.

I am grateful to many many **friends** – who have been a source of warmth, support, love, companionship, and sometimes frustration ;-) but mostly **kindness**! You know who you are!

I am grateful that I was able to enjoy vacations in **Nature**: in Stoja, in Lika for two times the whole week - alone, in Bokrijk, and other trips in the first half of the year (Nepal & France; & Dublin)

I am grateful to all **the caregivers** who helped me with **parenting** my children: Arnd, Camiel, Paula, Nana, Mileva (and Bogdan!), Nikolina; the teachers in schools, their music teachers, their friends, parents of their friends... we are the “village” that it takes to raise a child!

I am grateful to all the therapists, doctors, masseurs, and other **health-professionals** who contributed to my care & healing & recovery this year – I owe you so much!

I am grateful to all the wise women (& men) on **Twitter**, who share their wisdom freely & abundantly – I borrow from you often!

I am grateful to the **creatives**: writers, authors, movie-makers, the book publishers, the series-producers, the actors.. and the Internet-workers who make sure all of that reaches me, so I can enjoy it from the comfort of my sofa ;-)
I am especially grateful to Hannah Gatsby for her show *Nannette*, Viola Davies, Penny Red for all the “longreads” and “*Bitch Doctrine*”, and self-compassion / spirituality authors Geneen Roth, Brene Brown & Byron Katie.

Birthdays



Plans for 2019

Healing: resting / relaxing / recovering / reflecting / repairing health / restoring balance / rebuilding relationship / removing myself from toxic situations / doing rewarding things / resetting

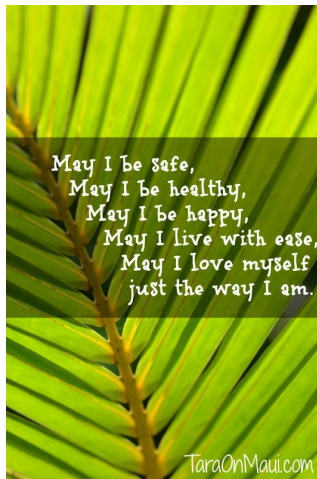
Grieving: mourning, getting through the next year & milestones of non-presence of my father: for St. Nicolas, New Year's Eve; Mileva's, Olivia's, Alisa's & his own birthday; six-months & one year anniversary of his death; visiting his grave eventually; helping my mother deal with her pain – and the challenges of life alone; and realising it is NOT going to be over after one year... and learning how to feel and express pain – so that I can eventually again feel and express joy. Planning many ways to commemorate him...

Organising: TechnoShamanist festivals in Lika / Croatia, Holland, Berlin ; 2 hackathons

Contributing: Uncivilization list & events / feminist events / diversity / parenting / kindness

Learning: anarchism / shamanism / NVC & mediation / conflict-resolution / Hollacracy

Creating: haiku / web / art / writing alternative stories about networking-trees-spirits-squirrels



May you feel safe.
May you feel happy.
May you feel healthy.
May you live with ease.



May all beings be happy, content and fulfilled,
May all beings be healed and whole,
May all beings be protected from harm and free from fear,
May all beings be awakened, liberated and free,
May there be peace on earth and the entire universe.

- Lama Surya Das



Links:

Still available – for you & your friends – the FLOSS cottage: <http://tinyurl.com/Lika-Lodge>

Mailing list & community: UnCivilization: <http://UnCiv.nl>

Home page: <http://xs4all.nl/~becha> & photos: https://twitter.com/Ms_Multicolor/media

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