

Published Writers of Rossmoor Featured Author for October 2017
- Della Temple

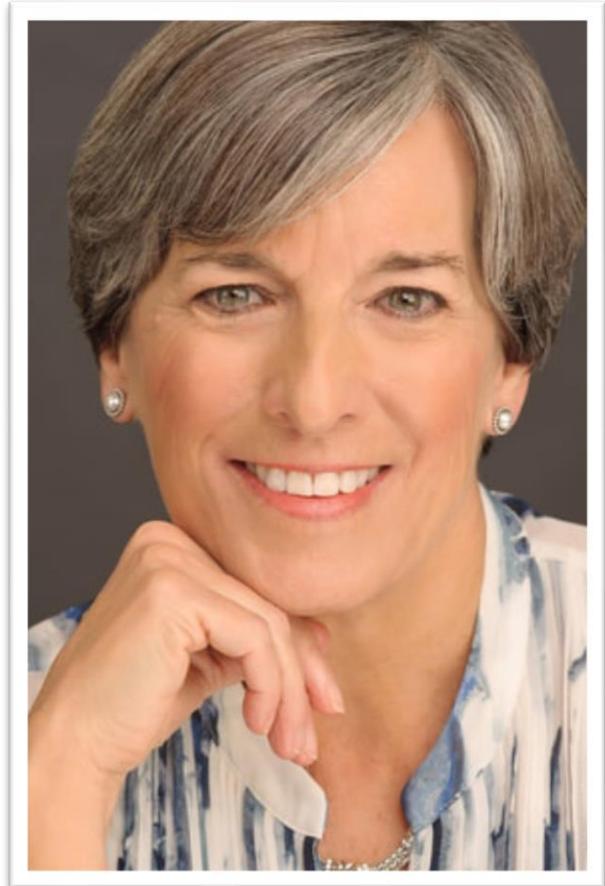
Barbara Kirbach, Featured Authors Coordinator

The Published Writers of Rossmoor (PWR) club will recognize Della Temple as their October 2017 Featured Author for her 2015 book, "Walking in Grace with Grief: Meditations for Healing After Loss." The book, which is a National Indie Excellence Book Award winner, will be on display in the Library throughout October.

Temple is the author of another book, also published in 2015, "Tame Your Inner Critic: Find Peace & Contentment to Live Your Life on Purpose," a Nautilus Silver Medal winner. She writes about "meshing" the worlds of the physical and the meta-physical, combining her

love of anything analytical with a wide-ranging interest in quantum physics and the world of energetic healing. She is a certified Reiki Master and has studied clairvoyance and psychic healing at the Boulder Psychic Institute.

"Walking in Grace with Grief" combines Temple's personal story of loss with teachings of energy awareness, mindfulness and conscious living. When her son died alone in an automobile accident six years ago, Temple grieved a different kind of grief. She knew deep within her soul that her son's Spirit lived on and she often felt him surrounding her in love and comfort - especially



after the first year of his passing. Temple accepted this outcome as a natural occurrence, and their talks, Spirit to Spirit, became an integral part of her healing journey.

Interwoven among the stories of her journey, Temple has included some of the healing meditation exercises that have made her journey a little less painful. She says that these meditation exercises have become a standard part of her everyday life, and continue to help her maintain a profound acceptance of life as it is, and not as she wishes it might be.

Temple believes it is time to broaden the discussion about death and dying. It may not be necessary to go through all grief stages, for example, some include anger, denial, depression and acceptance. Based on her personal experiences and training she believes that others too can start at acceptance and stay there throughout their journey of recovery – a less difficult path.

“This [personal view] might fly in the face of what’s considered normal grieving,” Temple says, “But what I experienced during my period of mourning was an amazing feeling of ease, comfort and nurturing - what I refer to as Grace, that kept me from drowning in the mire of doubt, wishful thinking and regret,” Temple concludes.

She has said of her book, “I have come to think that grief is two-fold. It’s the painful longing for the physical presence of our loved one and it’s the emotional heartache we feel as we disengage from these unfulfilled dreams, the sorrow of what could have been. The stories of the unlived.”

The author earned a BS degree in Accounting from Cal Poly, and a Master’s degree in Organizational Leadership from Chapman College. She and her husband, David, moved to Rossmoor a year ago from Boulder, Colorado. Besides PWR, she is active in the Sustainable Rossmoor club and is a member of the Golden Rain Foundation’s Finance Committee.

“Walking in Grace with Grief” was published by Button Rock Press. It is available for purchase from Amazon, Barnes & Noble and other book vendors. It is also in circulation at the Rossmoor Library and at the Rossmoor Counseling Center. For more information, visit Temple’s website, <http://www.dellatemple.com>.