ON LOSING A HERO

by:
Arjay Ocampo Serrano
Teacher III Luakan National High School Main

Two years and ten months has gone by since my father passed away. And each day after that, I continuously see it as another day to wallow on the pain of losing him. For me, his death was a living nightmare.

My father was a phenomenal father, grandfather, husband, public servant, a real and loyal friend to many, and most importantly, my hero. He had boundless compassion to public service and deep knowledge in politics. He cared so much for others. He’s an inspirational public figure to many people. My family was beyond blessed of having a brave-hearted man who brought us and kept us all together.

When a family member dies, let us admit the fact that our whole life is thrown off track. We lose our sense of direction thus, we feel misjudged and misunderstood. Death is inevitable and it showers us with a range of emotions. It changes our lives irrevocably. Despair seems to be unbearable and too painful as we go along the process of grieving.

The loss of a loved one creates a sense of emptiness and a feeling of pain that might seem impossible to bear. It is a grief-filled and wholly transformative event. There are so many life experiences that you won’t get to share – jobs, achievements, relationships, adventures, etc. Losing a loved one feels much like losing a part of yourself. Depression and anxiety among all other negative emotions surface on a deeper level. But, time heals all wounds. Yes, it takes time to heal. The pain would still be there but we get to bear with it better than yesterday. Somewhere inside us is a resilient spirit. This helps us pass through such bleak periods of our lives. We can definitely assure that recovery will happen at its own pace. We just have to take it one step at a time.
On losing a hero, we also lose the main connection in the world and to the world. The death of a parent will absolutely mean the loss of one of our major connections. Acceptance is the final healing stage and we begin to live with the new norm once we accept the reality of life. For me, after the passing of my father, life has been forever changed and I’m sure it will continue on changing. For what it’s worth, I’m glad that I had a parent in the first place. And this is still something to be thankful of. We should be motivated to surge forward, life goes on and so do we. Heartaches, pains and sufferings are integral parts of our lives. No one is spared from them. But this must not hinder us from doing what we love and living life with passion.

Reference: