

Miscarriage - A Profound Letting Go
By Sue Dumais

When I found out I was pregnant I was so excited about being a Mom. My life path changed in one instant. My future was full of new possibilities and wonderful experiences with my new family. Watching my baby develop, grow and learn. At 10 weeks in my pregnancy my future was very clear. My heart was filled with joy at the thought of holding my baby in my arms.

I remember someone telling me the first thing I needed to do when my baby was born was to begin “letting go”. Providing love and guidance but at the same time, letting them learn from their experiences. Giving them opportunities to discover who they are and what they want in life. Although the concept made sense to me as a Life Coach, it was difficult concept to grasp as a Mom. All I really wanted to do was hold onto my baby, protect her and never let her go.

At 11 weeks in my pregnancy I begin to notice some spotting. Right away I was terrified that something was wrong. After 5 days of spotting, my midwife booked an ultrasound. I had to wait the whole weekend for my appointment. The minutes ticked by so slowly. The waiting was torture. At the ultrasound I was told the “fetus was no longer viable”. My baby had died at 9 weeks. Normally a women’s body would have responded with a miscarriage. My body and my heart were still holding on to the hope of being a Mom. I reluctantly decided to have surgery. It was at that point that I realized that my baby was really gone.

Some people believe that a baby is not a baby until it is born. For my self and a lot of other women the moment you test positive for pregnancy you become a mother. Whether the fetus is 1 week or 9 months, a miscarriage is the loss of a child. How does one deal with the loss of an unborn baby?

I spent years journaling, writing poetry, crying and talking with friends and family, and after 5 years I still couldn’t let go. Although I dealt with the loss physically, mentally and emotionally, I wasn’t letting go energetically. I realized there is a deep spiritual connection between us and I wasn’t willing to let go and neither was she. I was holding on to the hope that she would come back to me but deep down I knew it wasn’t meant to be. I had to let her go. It was hard to stomach the thought but I knew it was the right thing to do for both of us.

I could feel the energy from her spirit and I could sense I was holding on to the experience of the miscarriage in my second and third chakra. There was a great deal of tension in my lower belly and it was interfering with my reproductive health. With the help of integrative energy healing, yoga and meditation I was able to release the energy from my physical body and allow her to return to the spirit world. It took a lot of courage and trust. I realized that by “letting go” I was truly “letting be”.



A miscarriage can be devastating for some women. Especially for those who have been trying for months or years to become pregnant. It might help to look at it as a “visit from a soul”. My first baby will always hold a place in my heart. I learned so much about love, life and spirit. She touched my life so powerfully and I will forever be grateful for her visit.