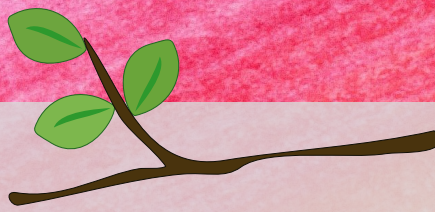


Grief & Loss

A DEEP HEALING JOURNEY



It is our hope that this guide may assist you in your healing journey through loss.

Whilst grief can be a very personal and unique journey for each being, it is imperative to understand that it is ultimately a universal experience for all.

Every being that has ever walked this beautiful planet has experienced grief at some point on their journey.

We are inherently innocent and loving in nature. As such, we can get attached to our external world of love mirrors. When someone or something significant is gone and no longer present in our life, we lament and compare our present reality with what was. Sometimes it is difficult for people to address the loss simply for the fact that they associate that person, pet, or possession they loved as a security blanket in their life.

Grief is multifaceted and may be experienced as:

A Breakup

Losing a Loved One

Losing a dear pet

Losing your home or belongings

Loss of Innocence through childhood or adult trauma

Decline in health or becoming disabled





Let us imagine a shipwreck and you as the only survivor. You are bobbing up and down the vast ocean holding tightly onto a wooden plank, with broken parts of the ship all around you. You have just lost everything you owned and you are feeling an immense despair in your heart. You are experiencing shock from what just occurred with not a hint of an idea how you are going to get yourself out of this dire situation.



Grief is such a bittersweet journey, for it opens up a doorway to ourselves. We are gifted an opportunity to heal and love ourselves so deeply and it is only through the extreme experience of grief that we are able to access this contrast within ourselves.

Recognise that it is okay to feel every single feeling that comes up. The grief journey in general has various phases and it is helpful to be aware of these so that you are able to be gracious with yourself when these phases or feelings are experienced.

Outlined on the next pages are the different phases of Grief that may present with specific examples of probable experiences.

Shock And Denial

Shock occurs immediately after losing a loved one or a dear pet. The reality you are now facing is something so unfamiliar that the body intelligence switches to an automatic response of shock and denial as a coping mechanism. Your Heart (Soul) needs moments to process the unknown without your loved one; and shock and denial form as buffers for the bombardment of emotions that comes once the Heart is ready to heal and once you start feeling safe to be in your new reality.

It may be that you have left items or possessions that your loved one or pet used before they passed over in the exact same place in the house. You want to keep these items to reheart you of your loved one as in this present moment you are still very much attached, and not yet ready to move on or throw away such items.

Shock and denial may also occur in the form of coping with the news of a terminal illness. Be it a person or a pet, during what is commonly termed "Anticipatory Grieving", you are already processing grief before the passing over of your loved one due to an illness that has now been pre-determined as 'terminal'. It may be denying the fact of the impending future and that there is some form of miracle you now hope and start looking for in order to change the timeline. This serves you well in that of course events may also change according to your intentions, however at some point, there comes a moment when you need to start addressing the truth of a possible loss in your life.

Activity:

Speak to someone about the feelings that are coming up for you in these moments. Do not judge yourself or beat yourself up. Vulnerability and not attaching to an answer will assist you through this phase.

Pain And Guilt

Once you have accepted the loss as your new reality, there will be many moments where you will experience pain. Current situations you face on a day to day basis will trigger memories of your loved one. You are rehearted every which way you turn that they are no longer there with you in the physical. Moments of guilt will arise as you mull over the sequence of events where you may feel that you could have done something different that could have altered the inevitable outcome. Recognise that it is in the non-acceptance of your new reality that you are experiencing guilt. Forgive yourself and all those involved. Divine Forgiveness will graciously get you through this phase of Grief.

Activity:

Write a letter from your higher self addressed to you. Write a Grief ceremony asking the angels to help you in letting go of all guilt. Burn the piece of paper outside.

Anger And Bargaining

Similar to the Pain And Guilt phase, Anger and Bargaining are states of Being which you will experience because you haven't come to fully accepting your situation of losing your loved one. It may be that you are angry with yourself or with others. Innerstand that anger is not a bad feeling to have. The energy of anger allows us to transform and move on to the next step in our Soul Evolution. In the flip, anger is the fuel and the passion that you feel in your heart.

Activity:

Do a mirror exercise and say Affirmation Statements out loud.

Examples include:

I am Divine Love. I am worthy of All Love Is.

Refer to our Ascension Guide for more details.

Depression, Reflection, Loneliness

For a moment, it will feel like you are in a dark bubble disassociated from everything and everyone around you. You may struggle to find any motivation, any will to live. There will be moments of you laying in bed releasing tears and processing. It may feel like you are all alone and no one truly appreciates the turmoil you are going through. There is a tendency for your hurt self to keep re-living the past over and over. These are the spaces where depression can set in. You may experience this phase over and over again with no silver lining. It is important to make an effort to dedicate moments of self care. Know that this phase too shall pass, have faith.

Focus your energy in staying present with the breath. When all is lost, trust in Love.

Activity:

Water is very healing. Have a long soak in the bath or shower. Release the pain. Play some uplifting music, watch a feel good movie. Grab some coconut oil and massage your feet. Be your own best friend and look after you. These small steps will keep the energy of grief moving. Reheart that grief is a process not a life sentence. It will be worth the effort.

The Upward Turn

Your continual effort to transform grief through these many phases allows the magic to start flowing back into your life again. You may start to notice the beauty of Mother Gaia once more. The Elementals, the angel trees, the Animal Kingdom and the Cosmos are all here to support you on your journey. They speak the language of love, you only need to direct your attention and senses toward them for you to feel their message. Life does go on and the healing and growth is ever continuous. You may find yourself smiling or laughing again.

Here you start to experience the light at the end of the tunnel. There are now signs of reassurance, safety and comfort in the present moment. You are a survivor and a very brave warrior. It's okay to start to feel better and trusting that everything will be okay.

Activity:

Explore the world of creative expression. Do some colouring or sketching. Pick flowers outside. Sing. Dance. Treat yourself. Bake something special.

Reconstruction And Working Through

At some point, you will find the courage to start participating in life again. There may be a support group available in your community that you can join. Sharing your story with others who have walked a similar path will be the next phase to your healing. Listening to other people's stories you will soon realise that you all share a common bond; the sacredness of your unique experiences of loss. You begin to consciously move past the resistance in you of not wanting to move on from grief. Awareness equals consciousness. Being aware that you are blocking your own healing, you can start to open your heart again to new experiences. Be willing for Love to flow back into your life. You are worthy of grand experiences even after loss. This is the biggest lesson of grief. To know that grief is a gift of Love and that Love never dies. You are Love and you are worthy.

Activity:

Find a local group to join, for example a book club, or join an online community that offers support. Make an effort to open up and share your story.

Acceptance And Hope

Reheart that this is not a linear progression through the different phases of grief.

Each day you will experience oscillations of emotions and feelings from the extreme lows and perhaps extreme highs. Slowly, slowly you will attract positive experiences one after another that will create a soft spring to your step. You have come to a space of acceptance that what is, simply is. There is no judgement or ill feeling for what is. You can look back at your experiences with gratitude in your heart.

You recognise that you have been through the darkest night of the Soul, yet you stand with inner strength and appreciation of your experiences. To have loved and lost is the greatest honor and you surrender with all your Heart to this Truth. The lessons of love are deep, and you are coming out of this process as a wholesome being, with a greater knowing of what healing is all about. Your story matters and it will assist many who will be going through a similar loss. Hope fills the air you breathe for a brighter, grander next moment. Keep going.

Activity:

Start a Gratitude Journal. Each night, write at least 5 things you are grateful for. Be consistent and journal daily.



Using the examples above, identify the different phases you may have already experienced and felt.

Here are some notes specific to other types of grief:

Losing your home or belongings

People who have lost all their possessions will experience all the different phases outlined above. You may feel desperate questioning how you can ever rebuild your life again. You may experience an endless amount of filling in paperwork or applications for special government assistance. Sorting out your affairs can feel overwhelming.

Your worth is not determined by the things you own. Empower yourself and do not be afraid to ask for help from friends and family. Help is available but do not expect it. Be willing to extend yourself and ask. There is no shame in asking for help. This is your biggest test. Your angels are always there to help you, but you must ask. Set an intention of abundance and good fortune. Everything is as it should be. Do not take this very important life lesson personal. You will get through this by the grace of God.

Loss of Innocence through childhood or adult trauma

There are many who have soul contracts of trauma and abuse. Many beings that walk this planet have lost their innocence through difficult passages. There are those that have recurring mental and physical issues due to abuse from their childhood experiences. The lesson here is one of forgiveness and self-love. Be proactive in your healing journey. Use the activities above to get you through the dark spots. Seek others who have walked a similar journey and share your vulnerability with them. The evolution of the soul sometimes require tough lessons, yet the ultimate healing is finding love in your Heart again. Know that not only is this possible, it is your birthright. Be bold, be brave, be the example of divine forgiveness.

Decline in health or becoming disabled

There are those who experience loss through the change in their physical health or mobility. Health issues and accidents that create paralysis can be very traumatic, especially for individuals who have previously led very active lives. The grace of love has your back.

There are lessons to be learned here.

Lessons of managing pain, remaining in joy amid the change in your circumstance, deep surrender and trust. Everything is temporary however long the suffering may seem. Perseverance is a virtue. Learn to appreciate and value the contract that you have. You are a God spark with an important role on this planet.

Set an intention for complete healing and let go of all outcomes. There is light at the end of the tunnel for you too.



**Inspired alteration of the Prayer
"Footprints in the Sand" by Ryan Hart:**

One night I dreamed a dream. I was walking along the beach with God. Across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, one belonging to me and one to Love.

When the last scene of my life shot before me I looked back at the footprints in the sand. There was only one set of footprints. I realized that this was at the lowest and saddest times of my life. This always bothered me and I questioned Love about my dilemma.

"Love, You told me when I decided to follow You, You would walk and talk with me all the way. But I'm aware that during the most troublesome times of my life there is only one set of footprints. I just don't understand why, when I need You most, You leave me."

**She whispered,
"My precious child, I love you and will never leave you, never, ever, during your trials and testings.**

When you saw only one set of footprints, it was then that I carried you."