



A BODY, SOUL, SPIRIT
APPROACH

GUIDE TO
GET
THROUGH
GRIEF

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Guide to Get Through Grief

First let's start with this – there is no timetable for grief and the term “getting through” infers there is a specified end.

This guide is meant to help you in those moments when you cannot find an action, when all you want to do is get through what it is you are feeling right now! When you are unable to even figure out how to settle yourself enough to do the next thing (which may be eating or taking a shower).

At times the action to take may be non-action to allow yourself to feel what you are feeling. There is a difference between being paralyzed and unable to take any action and intentional non-action. Relieving yourself of the anxiety of not being able to figure out the next best thing can help you feel some autonomy, some power over something at a time when you may feel you have lost all control.

While there are many models for stages of grief, the main idea is to understand that emotions move from one to the other, to the other as you are processing initial grief and then and you are adjusting to loss in your life.

Grief is a process and at any given time you may be getting through one stage to another and these stages may occur at different times in your life.

Grief can be triggered by a memory, a situation, or when conditions change in your life unexpectedly again.

Grief is a process that is unique to each individual.

Finding others who share your grief may be helpful, seeking professional help, finding ways to nurture and nourish yourself during your grief are all important.

There is hope for movement forward and that is the primary reason for writing this guide to help you.

In the darkest, loneliest, saddest moments remember that there is hope. It is the nature of these emotions to propel us into a place that feels like all hope is lost, but please trust that it is not.



The initial shock of losing a loved one, a pet, or a relationship can be disorienting and devastating. Many things may seem completely inconsequential in the face of your loss and activities of daily living may feel hard. It is a time to take extra care and allow others to come to your aid in support.

For your Body

- 1) Stop yourself and ask “what can I do right now?” Pause and wait for an answer to come. This can be so helpful in stopping yourself in moments of disorientation. Build trust in the wisdom that your body provides and do that thing. It may be as simple as drinking some water, eating, lying down, or allowing yourself to cry.
- 2) Get outside in fresh air. If the sun is out close your eyes and turn your face toward the sun for just a minute.
- 3) Take a shower and as the water flows see and feel your grief flowing – let it move – if this means sobbing, crying, or just watching it like a movie – let it move.
- 4) Find something soft to hold on to and keep bringing softness to your skin by wrapping yourself in it or caressing your face with a soft children’s blanket.
- 5) Have some kind of body work/massage. It will help you stay in touch with your own body and help move things through on a physical and an energetic level. Acupuncture may be helpful here as well to keep your body open and unblocked.
- 6) Move your body in some way. Classes in yoga, tai chi, Qigong, Pilates may offer an added benefit of inner calm.

Remember that emotions have a powerful effect on your physiology.



In times of grief, while you may not want to experience what you are feeling, the more that you can do to acknowledge and move what you are feeling the less inclined you will be to get stuck in other addictive habits that are detrimental to you long-term.

For your Soul

Grief is a soul experience.

Your experience may have the effect of feeling like you are turning inside out, like your heart is breaking and parts of you being lost. Each of us has in our deepest inner knowing the reality that death is the inevitable end game of our physical experience, whether a person or animal.

While this may not bring immediate soothing of the shock or intensity of loss, it can provide an access to understanding that expands and informs the experience of grief.

If you can hold the knowing that this is the nature of life and be in your own experiences to express your grief you will continue to move through your emotions. It is the re-identification of self in the loss that you must contend with and reestablish. The circumstances of the loss differ widely and the range of emotions may vary in intensity depending on the situation.

Things to soothe your soul include anything that invokes and uses your senses.

If you consider that your body is in your soul, the body becomes the threshold of your soul's experience of the outer world. Think of it as creating a rhythm between your inner world and the outer environment.

Isolating into inner thoughts and emotions that continue spiraling downward can be problematic and sink you into depression and anxiety.

Medical intuitive Carol Ritberger, PhD maps grief to the lungs. Health problems begin at the level of the invisible, the subtle body, before they become manifest in the physical body.



Take this opportunity to see that you can work with your grief in a way that helps you open to an expanded experience of yourself. There is more than this crushing pain that you feel and by surrendering to it enough to find expression in some way, you will learn something about yourself.

You may find insights that would not otherwise be available to you as you work at this soul level of experience.

- 1) Find images that seem to reflect what you are feeling. Put the image on paper and write some words about how this image is a reflection of what you feel.
- 2) Let your hands express what you are feeling by using clay or beeswax. (You may find it helpful to hang on to some beeswax and keep it warmed in your hand as a way to soothe yourself as well). If you have enough clay and/or beeswax work with it for 7 days and save each piece that you make so that at the end of 7 days you can look at the progression of shapes, of expression.
- 3) Have a set of colored pencils and an art tablet at your side. Choose a color to start with put any kind of strike marks, shapes, or symbols that occur to you as you let yourself feel what you are feeling. If you do this on a daily basis you may notice patterns as you reflect back on the pages. This is your soul's journey in a format of color, shape, and symbol from your inner world. Remember, as stated above you are creating a rhythm of working with your inner world and outer world sense impressions.

Each of these exercises allow you to access your emotions at a different level and while this may all seem “woo” to you – give it a go and see what happens.

When you begin to work at this level, I can only facilitate and provide some structure for activity.

Beyond this it is your own individual and unique relationship with your grief that you are learning about and expressing.



For Your Spirit

Connect with your heart.

It may feel like it is shattered into a thousand pieces or that it has a big hole in it. Connect anyway.

Connect to your heart in a way that lets you feel your attention and awareness to it and as you breathe, watch, see, feel what is there.

If you are grieving a departed soul, watch for signs in nature. In many cultures the bird kingdom is known for being the intermediary between humans and the spiritual world.

The Eagle conveys a connection to the divine. It flies higher than any other bird. It can represent freedom and courage to look ahead.

The White Dove is symbolic of peace in many cultures. The descent of the dove represents the descent of the Holy Spirit.

Messages from the Winged kingdom can be profound but they can also bring a lightening of your mood.

I was once walking along the river trail, despondent over the loss of my mother and a relationship. I could feel myself not wanting to get out of my mood. I heard a woodpecker peck, peck, pecking.

I continued in my mood, and as another thought of sadness arose, more peck, peck pecking. It was annoying. Then one more time I went into my thoughts of sadness and even louder, PECK PECK, PECKING. At this point I started laughing and found I was lifted out of the depth of my melancholy for that day.



Pay attention to the world around you to recognize your connection and let it soothe you to know that the connection to your loved one is still intact as well, just in a different form now.

In the emotions of shock and disbelief you may find your spiritual understanding and faith challenged. It may also be a time of open exploration, of question, of confusion.

Keep asking questions, keep seeking to find your own truth. If you have an expression of your spiritual self how do you express it?

While individual beliefs and practices vary greatly here are some things to do to nurture and grow your spiritual connection at a time that you may feel unable to grasp any understanding of something growing in you. Wisdom is crystallized pain (Rudolf Steiner).

Watch for what is changing, watch for what is new. While you are in the deep depths of grief, know that your life matters and your experience is bringing something to you on the other side of the pain.

This is the nature of spiritual growth.

Here are some activities that may help you stay connected to the spiritual realm.

- 1) Form a question as you move into sleep. Ask the universe, Spirit, Source, God, a Saint, Goddess, for help, for understanding, for wisdom. When you wake in the morning stay in silence and ask what you have received. As you move in your days watch to see how the spiritual world may bring answer or comfort and help through others. You may perceive some direct answers and you may receive through others. Keep a notebook by your bed to write down the impressions, colors, words, or thoughts that you awaken to.
- 2) Be in nature as often as possible or at least be around plants. Notice the rhythm of death and birth in the plant world. Death and rebirth is a part of all things made of matter.
- 3) Meditate, pray, and do spiritual reading.



- 4) Participate in the Global Coherence Initiative with the Institute of HeartMath <https://www.heartmath.org/gci/> . Not only will you be practicing connection to your heart, you will be connecting with hearts all over the world. You will calm your physiology and find benefit in a myriad of ways including better sleep. The spirit part of this action is connecting with others through the heart. It is through our heart that we experience the emotions that make us human. Each month there is an opportunity to join in a session devoted to a global care need. Through shared experiences of pain and healing we find our own humanity. This may help you move forward in your own suffering.

What to do Next?

Keep this guide close and pick one thing to do at a time.

The overwhelm of grief can make it difficult to make decisions.

If something touched your heart or if you heard your body respond “yes do that!” try just that one thing for now. Be Gentle, be curious, be loving. You can move through this and I wish you gentleness on your journey.

I invite you to join my membership community to receive weekly meditation, inspiration and support. Lifetime membership is just \$67 and you can find out all about it online at www.EnergyM.org/membership.

With much love and compassion,



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More About Michele:

Michele Mariscal has 30 years' experience in the health and wellness field. As Prevention Specialist for Schools Insurance Authority, she consults with 35 school districts, facilitating professional development. She is also owner of EnergyM, providing services to facilitate health by addressing the spiritual and emotional components of wellness.