GODDESS YOUNIVERSITY

Workbook

HEALING YOUR GRIEF SERIES

JEANNE STREET

Healing Your Grief… the journey from pain to love.
Going behind the scenes of grief to help you heal your pain.

In this workbook I will share the steps you can take for healing pain caused by grief. I will also show you how to release your suffering and align with love.

Some believe that grief is limited to the experience of death of a loved one, the truth is that a grief, pain, sorrow or misery often comes from a loss of a loved one but also from the loss of love in one's life.

Queen Elizabeth the second said. "Grief is the price we pay for love." We live here on earth and have the experience of the life in human form. Our departed loved ones live in Heaven the place of eternal life. The bridge for the two realms of life is love. Grief is a reminder of our connection to both the physical and eternal life.

What happens when we encounter a trauma, or painful event in our lives is that we separate from the comfort of love's support.

Love is the center of human existence. We were born to be loved, give love and feel love.

We then end up experiencing effects of separation from love, also known to us as grief.

Grief can be the stopping point in our lives and the cause of continued pain and suffering.

The steps to healing grief:

- **Recognizing & decoding the signs of grief:** This will help you navigate through the pain to align with joy.

- **Sympathy versus pity:** Breaking down the rules of how to really help someone who is suffering and to know if you might be stuck in the grips of grief or have taken on the victim role.

- **The other side of grief:** What it looks like and how you can attract more love in your life!

Journal Prompt

Write your current grief, trauma or pain. Be sure to include details of this experience.

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If grief is the price paid for love, how does this relate to your life and loss?

Recognizing and Decoding Grief

I am going to help you recognize and decode some different types of grief.

Grief is both complicated and confusing.

Grief as the Angels show me can best be described by explaining the 4 E's.

Emotional: This is how you feel grief within your body.

Energetic: This is caused by the highs and lows you participate in during grief.

Experience: Which is your personal connection to a particular grief.

Exhaustion: This is your bodies response to grief.

The 4 E's of grief are intertwined and felt simultaneously.

Now that you have these 4 E's to reflect on you can start to decode how you are feeling. To guide you in decoding your grief process I've created for you a feelings guide

Feelings Guide
Write down what your feelings are and how you relate each one to your pain.

Emotional connection to how you're feeling today.

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Energetic connection to your pain.

Experience of what your grief is teaching you.

Exhaustion, what is your body saying to you.

Sympathy versus Pity

Now we can discuss the difference between sympathy and pity and how to know if you just might be stuck in the grips of the victim role caused by the pain of your grief.

Sympathy is the state or the act of response to pain and grief. To have sympathy for each other is an act of compassion. Having compassion for another's pain is going through their pain with them as a witness and bystander, while offering support, validation and affirmation of their feelings.

Pity isolates while sympathy invites.

Pity is a feeling that arises from pain and grief. The act of pity is a sorrow. While pity can be as simple as I feel sorry for you, it is also a sharing of someone's suffering. Pity can lead you to the act of wanting to alleviate someone's pain, to expressing your dislike for them or the situation or of being above someone.

Pity isolates while sympathy invites.

When pity is involved self destructive tendencies come forward. Self pity and loathing are common actions that come from not having your feelings of grief validated by others.

By offering sympathy to yourself or others, you affirm and validate those feelings.

Sympathy is merciful and kind.

Because it is not the norm to openly talk about death and grief, it's common for us to fall into the pity response instead of the sympathetic response. I too have fallen into this pattern after experiencing loss. I have also felt pity for another's pain and denied them love because of it.

How do you experience grief without falling into the role of victim and self pity?

What the Angels have shown me about my own healing and through my work as a medium are two transformational steps that I offer to my clients and now offer to you.

Your first step is to Just Be: Take time be present within your grief and witness your senses and feelings that arise without judgement. Affirm those feelings with the calm energies of compassion and Love. When you're doing this for another, take time to watch for and listen to their needs. Hear what they say without adding to their story. Support them with your prayer and compassion.

The second step is to Let Go: The crazy energy or indulging in pity will cause you to judge, and confine your feelings. You wear your pain and express it through your actions. Your grief becomes what you live. Let go of control and invite love to lead you. When you're trying to help someone else with their grief, be still and don't fall into the role of sharing your own pains and playing the pity victim. Validate and honor them, kindness with patiences is all they need from you.

Basically you can break it down into 2 choices:

I am the grief.
or
I have grief.

Self awareness is key to know which you are experiencing: grief through sympathy or grief through pity. While there are no right or wrong answers, there is always an opportunity at all stages in our lives to grow. I offer the following prompts as stepping stones for you to expand and heal.

Sympathy Versus Grief Guide

Do you feel judgement from self or from another?

Do you feel empathy and overly emotional?

Do you add to someone's story or lend a listening ear?

Do you wallow in your own pain or help another to wallow in their pain?

Are you the victim of your pain's aftermath by replaying the story over and over?

Do you validate, honor and respect yourself or another who is going through grief?

The other side of grief

Let's take a look at what it looks like on the other side of grief.

Staying in grief is similar to the movie groundhog day, where everyday you experience the same pain over and over.

In the previous lesson we talked about how to decode your pain by understanding the difference between sympathy and pity and how you can heal from within.

Today we are taking this journey to the other side of grief. We will learn how to take our shame, sorrow, self pity, and life that has been defined by grief and replace it with new framework.

This requires your awareness and your willingness to be brave and vulnerable.

Shame, sorrow and self pity are the constraints that hold grief in place. Without these feelings you are free to experience a new way of living.

There are no time restraints in Heaven, and the Angels show that to heal our grief there are also no time limits set in place. Healing happens when we can actively engage in healing grief within our own time frame.

So what's on the other side of grief?….

Recovery:
In order to recover the pieces of your brokenness to build a new framework for life on the other side of your grief, you are asked to believe in God's purpose and plan for you.

Co-exist with grief:
Through sharing your experience with others you begin to strengthen and move forward. Co-existing with grief while having a greater compassion for yourself and others is what leads you to find hope and a new purpose.

Show up every chance you can:
Be the steady support for another by allowing their stories, feeling and emotions while holding sacred space for them. Honor their pain by allowing them to go through it instead of avoiding it.

Give yourself permission to live.
This is probably one of the hardest things to do because of guilt and the fear of dishonoring the death of your loved one. Guilt will continue to hold you in the stages of grief. By giving yourself permission to live as God intended, you can begin to heal your suffering. Guilt has a strong hold and energy that is absent in Heaven. Both God and your loved ones want you to

live and live well! This is a truth I see every single day connecting people to their departed loved ones. The one message that constantly comes through no matter the circumstances of the relationship is for love to be the center of life not grief, not guilt and certainly not pity!

Honor your loved ones by living a loving and compassionate life. Allow yourself to experience joy again!

Honor God by allowing your pain to lead you forward to the next phase of your life!

Journal Prompts:
Believe in God's plan for you.
Write down what you believe to be true about this statement.

How can you begin to share your grief experience?

What are your hopes?

How can you honor your pain today?

Write down the steps you can take to release guilt from your day.

Imagine what your loved one would say to you about going on without them and living your life from this new perspective, write a letter to yourself as you feel their love speaking through you.

How can you honor God's calling for you?

I hope that peace and joy return to your life and that you Live Happy and shine on!

Blessings
xx Jeanne