

# Dealing with Death & Grief

The hardest emotion to deal with is grief. And yet, sometimes, more often than not, grief can catapult us into a new journey, a new way of being, and even a new life.

It is sad indeed that most people think death is the complete ending of someone, but that is the farthest thing from the truth. Our spirit and soul never leave us, only our body stays behind. The love or worry we have for another still resonates in the universe and spiritual realm. This is why there are so many channelers, both professional and non-professional. Many times the departed soul will search to connect, but the ones left behind have to believe this in order for the message to be received and accepted.

There are many different beliefs concerning death, ascension, and reincarnation. It is completely up to the individual to decide what their beliefs are. However, what is universally connected is how one feels when a loved one dies.

Sudden or unexpected deaths are the hardest and most difficult to deal with, as we had no time to prepare. For those of us who have had the time to ready ourselves for our loved one's departure, though the journey is still challenging, it tends to be more complete.

## Suggestions in Helping the Grieving Process

1. Make an altar for the departed one with a candle, some memories, and maybe even a picture. Take note of how you feel when you look at this altar. Talking to the person helps as well.
2. Make certain to take good care of yourself. Many times grief interrupts sleep. Therefore, try to soothe yourself before bedtime. If you are awakened, do not panic. Get up, have a hot drink, talk to whom you are grieving, and be patient about the process. This sleeplessness will pass in time.
3. Try to eat healthy food made with love. Sometimes, grief leaves us feeling not hungry at all, so find little snacks that are enjoyable.

4. Only be with people who have good listening skills and understand what you are going through. Try to avoid those who are opinionated and judgmental. It is a time when softness, kindness, and comfort are extremely important for your soul to be able to heal.
5. Though showering or bathing may seem to take too much energy, water is very good for our healing process.
6. Soft music, fountains, and aroma therapy tend to warm our spirits and help us to be more contemplative and at ease.
7. Anger towards the departed one for leaving us is very natural indeed. Do not feel ashamed of that emotion. Feel comfortable saying to the one who left you, "I feel angry that you left me or I feel abandoned or scared or lonely or left". Whatever you are feeling is very natural and if we deny these emotions, the grieving process usually becomes prolonged.
8. Not wanting to be alone....or....wanting to be alone. The choice is yours. Death is so out of our control, so allow yourself to take control of how you want to process it.
9. Drugs or alcohol tend to hinder the healing process. Find the courage to face and feel all your emotions....they are stepping stones to your own enlightenment.
10. Walks in nature sometimes help, because nature also goes through a death process, yet always comes back and ever so often, even more beautiful.
11. Face your fears. Find help for all the things you don't feel equipped to handle.
12. There are grief groups, and very often, they are very helpful. When we listen to people who are going through the same suffering, sometimes we feel less lonely.
13. Crying is essential. Tears are the river of life. When we block our tears, we dam up our future. So make sure to have lots of tissues on hand.
14. It is nice to spend time with people who were also close to the person you lost. It can be of great comfort to reminisce and share.

15. As time goes on, if you are with people who become insensitive to your loss and suffering, do not spend time with them. Their insensitivity can exacerbate your pain.
16. Work on loving yourself. It makes losing someone who loved you much easier.
17. If you can, go to someplace beautiful and restful. A change of environment is extremely helpful.
18. Do not push yourself to be happy...have faith that it shall return and come back.
19. As time passes, try to envision your new life and then take small steps to manifest it.
20. If your body hurts and you like massages, they truly do help in releasing the pain. If you do not like massages and your body hurts, make certain your bed is very comfortable, with cushy blankets. Heating pads can help as well.
21. Yoga and meditation help considerably, as well as prayer.
22. If you have children, do not hide your grief. In showing your grief, you help them to show theirs.
23. If you are in a family that is sharing the same amount of grief, make certain not to overlook your own and hide behind theirs.
24. Never be afraid to speak your love and affection to the person who is gone. Just as important, if not more so, never be afraid to speak your anger and frustration concerning that person. Truth and forgiveness are not only vital for the grieving process, but for the ascension process of the person who has departed.
25. And last but not least, believe that though you may be lonely, you are never alone. There are so many beings, seen and unseen that care about you.

## Reminders and Tips

Good, healthy food

Rest and cushy bed

Quiet, restorative places

Water, showers, baths, fountains, the ocean, a river, a waterfall

Soft music

Aroma therapy

Massage or yoga

Meditation or prayer

Herbal teas or great coffee....warm drinks help, if you like warm drinks

Be around sensitive people who have good listening skills

Be around like-minded people who are going through the same suffering

Honest and truthful communication with the departed ones

Honest and truthful communication with the remaining ones

Find help with things you don't feel you can handle

Vacation to a beautiful place, if you can, if not, create a beautiful space for yourself

Cry, cry, cry

Have patience, patience, patience

Hold on to trust and faith

Focus on forgiveness

Feel the love

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