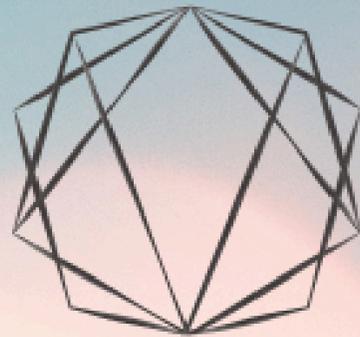


GOOD GRIEF



FIERCE GRACE
CONSULTING

OUTLINE

The resistance to grief and how it shows up in unexpected, inconvenient places

Identifying what we need to grieve

Creating meaningful rituals for yourself and your family to integrate sadness, loss and grief into life

WHY THIS MATTERS



We've lost connection with our rites and rituals to integrate grief into life

Without containers to hold the discomfort, we tend to evade and repress until it gets expressed in distorted ways, these tend to impact our physical, mental and relational health and gets passed on to future generations

Survival impulses developed to get through- blame, denial, distraction, victimization- how our neurobiology protects us

We owe it to our future ones to metabolize and display what being an integrated, grieving citizen looks and feels like

WHY IS IT SO
HARD?

ADDRESSING
RESISTANCE

Question for discussion: what has you resist
grief?

Conversely, when do you feel safe enough to
stay with it?





BEING WITH IT

Flexing the muscle of moving it through instead of the two extremes- either being overcome by it or shutting it totally down

When we push away the pain, we push away the beautiful memories- able to be with the full spectrum

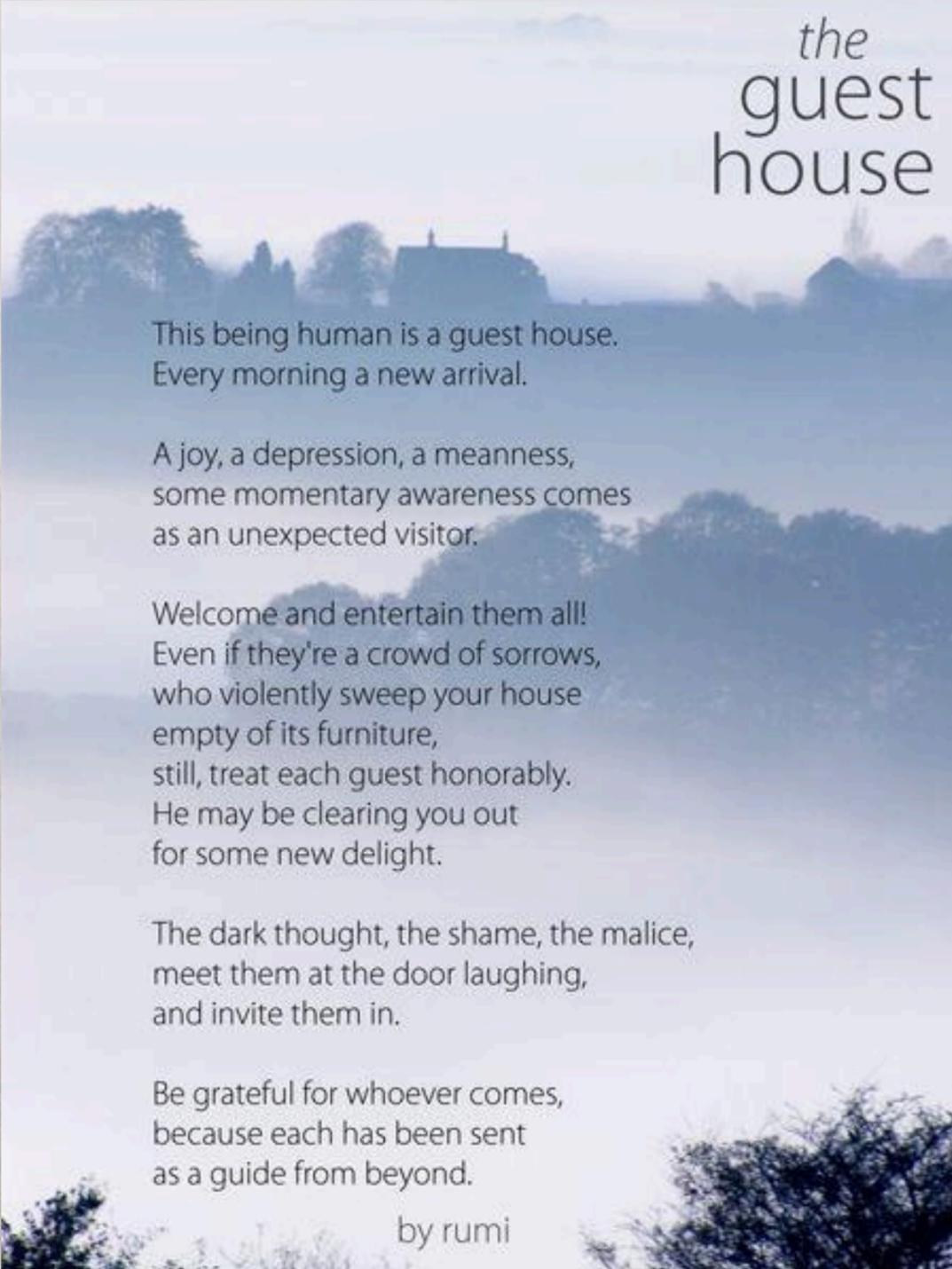
How we get more resilient, tolerant and increase the capacity to do hard things

Functional resilience- transformation through safety to move into it and surrender

Allowing ourselves to feel it, tune into the healing potential of the emotions

Following the body's impulse to move it through without damaging self or others

This release allows for true self-compassion, willingness to feel it ALL, not just covet the pleasure and avoid the pain



the
guest
house

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

by rumi

*How can you welcome and
entertain what comes?*



THE FIVE GATES OF GRIEF

From Francis Weller's Wild Edge of Sorrow:

1. Everything we have loved, we will lose
2. The places that have not known love
3. The sorrows of the world
4. What we expected and did not receive
5. Ancestral grief

WRITING EXERCISE

What do YOU need to grieve?

rites, rituals and everyday grief

There's no right or wrong way to do it; what's most important is that you make it a priority to tend to the altar of sorrow- it's how the light gets in

**Making space
for grief as a
way of life**

**Permission,
normalizing and
allowing**

**Asking and
allowing
support and
observation**

**Creating sacred
time for grief**

BEING WITH OTHERS IN GRIEF

Listen without fixing or rescuing
Regulate your own nervous system
Compassionately witness
Encourage use of wide resource nets
Observe the preciousness of life

Stay gentle with yourself.

Lean in.

There's gold there waiting for you as you embrace the full spectrum of this wildly messy, beautiful life.

THANK YOU

