



COMPASSIONATE
GRIEVING

Guide booklet

ESHA ESTAR





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Grief &...

Welcome to Grief &... Compassionate Grieving Guide. We're so glad you are here to step into healing.

It is my prayer and intention for you as you hear the call of your heart towards healing to move gently and compassionately towards your grief with an openness and curiosity. As a human being grief is one of many journeys you will experience, and how you choose to process that journey will determine the depth of your suffering. Please know you don't have to go deep and fast but you can choose to move into the shallow end first and test the waters out.

There is a Divine Love and healing that is always seeking to be expressed to you and through you. In this booklet, you will receive some helpful tools to guide you to welcoming compassion as a friend along your grief journey. Grief can be a messy, uncomfortable, and uncertain time.

You will be held in a container of love as you move through honoring your process of grief. You will come to remember as you give yourself permission to be held, that you are fully being carried by the Divine.

Thank you for choosing you during this time. For choosing to be present in the honoring of your grief story as you are led deeper into the center of your heart to heal, rest, and be present with all there is. Choosing to include all aspect of your grief guides you to a healthy space of healing, this is the Grief &... moto, "it all belongs."

Peace, love, and blessings,

A handwritten signature in cursive script that reads "Isha Estar".

Founder of Grief &...

IMPORTANCE OF SELF CARE

Self-care is a necessary and important part of the grieving process that moves us closer to balance, harmony, and healing. In the midst of the heavy emotions, we can feel in grief, incorporating a compassionate practice of self-care helps to balance, ground, and secure our energy in a way that guides us to be fully present with our grief.

10 THINGS TO DO FOR SELF-CARE WHEN IN GRIEF

1. Be kind and gentle to yourself in the process
2. Find a form of healing that resonates with you.
3. Surround yourself with support
4. Give yourself the opportunity to cry
5. Take time out from doing to become still to feel and acknowledge
6. Know that you don't have to go so deep so fast. Stepping into shallow end first is okay.
7. There is no destination to go to.
8. Be present and in the moment with all your feelings.
9. Find a form of exercise that feels right for you. Walk in the park, cycling, yoga, etc.
10. Journal your feelings.

12 STEP JOURNEY IN THE GRIEF PROCESS

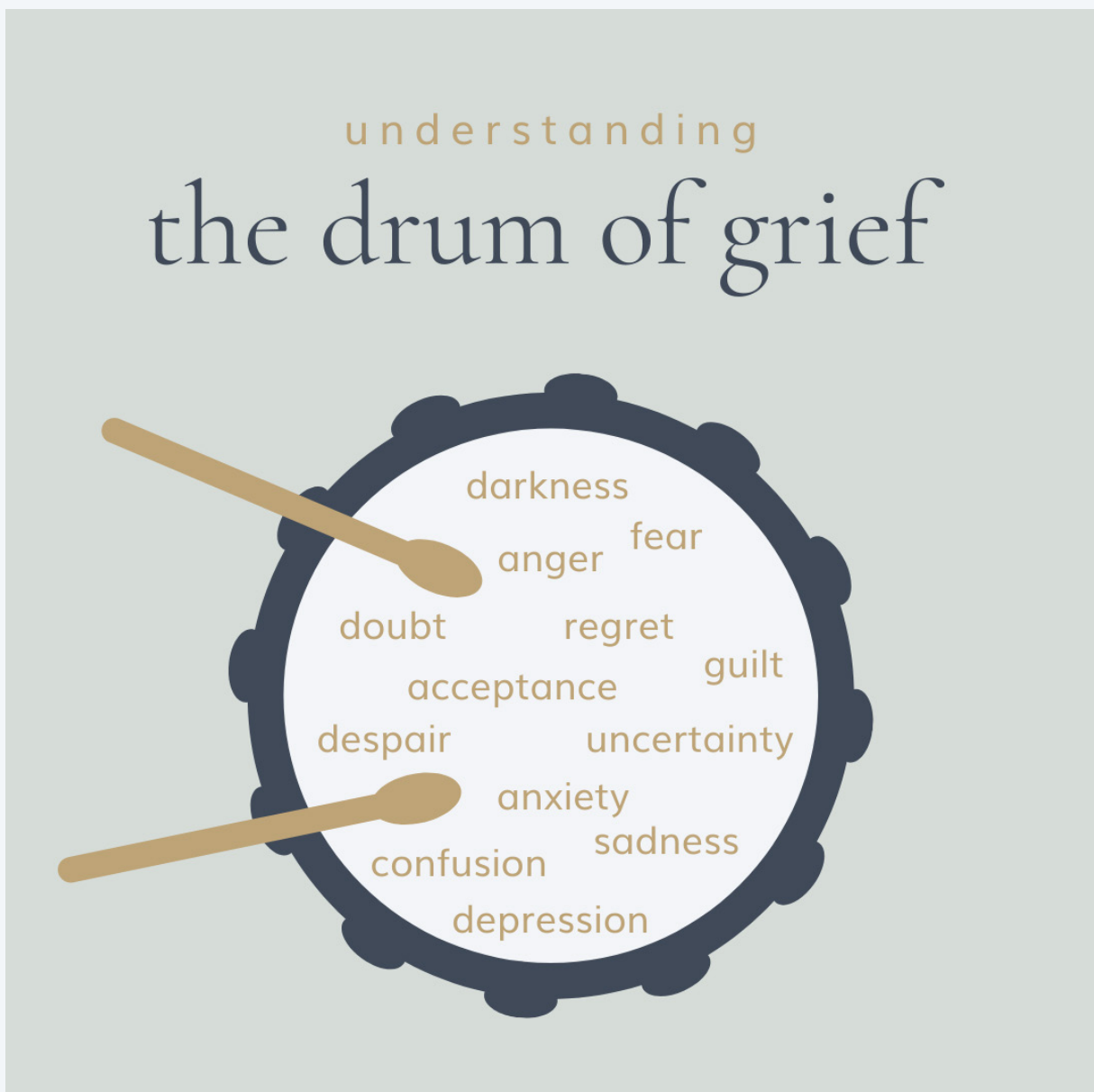
1. Acknowledge. I am in grief and I am powerless over the emotions which is challenging me to stay and live in the present moment. I feel depressed, saddened, and in despair. I feel which is teaching me how to let go
2. We lean into a higher power than ourselves to restore our faith and trust in love and the heart, as we realize we cannot understand the nature of death, loss, and how grief presents itself.
3. We realize that we cannot attend to the grief on our own and we decide to turn our fears, anger, and despair over to the care of God (or higher power) as we understand God to be. We surrender our will to God and allow God to carry us through the journey.
4. Turn the flashlight on. We turn the light on to look within ourselves to see the truth. What am I afraid of? What guilt is present? Who am I now without what I used to have? Who I use to be?
5. Declaration of our heart. We admit to God, ourselves and to another human being the exact nature of how we are feeling and the suffering lurking deep within our hearts. We face our vulnerability and share it with others.
6. We are ready to begin healing by being present, authentic, visible, with an open heart and soul to God to help us heal our brokenness.
7. We humbly ask God to remove any obstacles blocking our healing.
8. Make a list of all the emotions, wounds, people you have hurt or that have hurt you that have come up and become willing to make amends to heal them.

9. Make direct effort to heal the wounds from any emotional, physical, and mental trauma as much as possible.
10. Continue to take personal inventory of our emotional state. To remain in the present moment to meet each emotion as they arrive with compassion and gentleness and to readily admit to ourselves when we are feeling sad, lonely, and fearful.
11. Sought through prayer, meditation, mindful practice, time in nature, breathwork and stillness to improve our overall consciousness seeing grief as a transformative experience. Making daily contact with God as we understand God, praying for wisdom, knowledge, and leaning into God's will for us during the grief process.
12. Having had a transformative spiritual awakening through the grief process as the result of these steps, we tried to carry this message to others in the grief journey and to practice these principles of being with the totality of our human experience as an awakening affair.



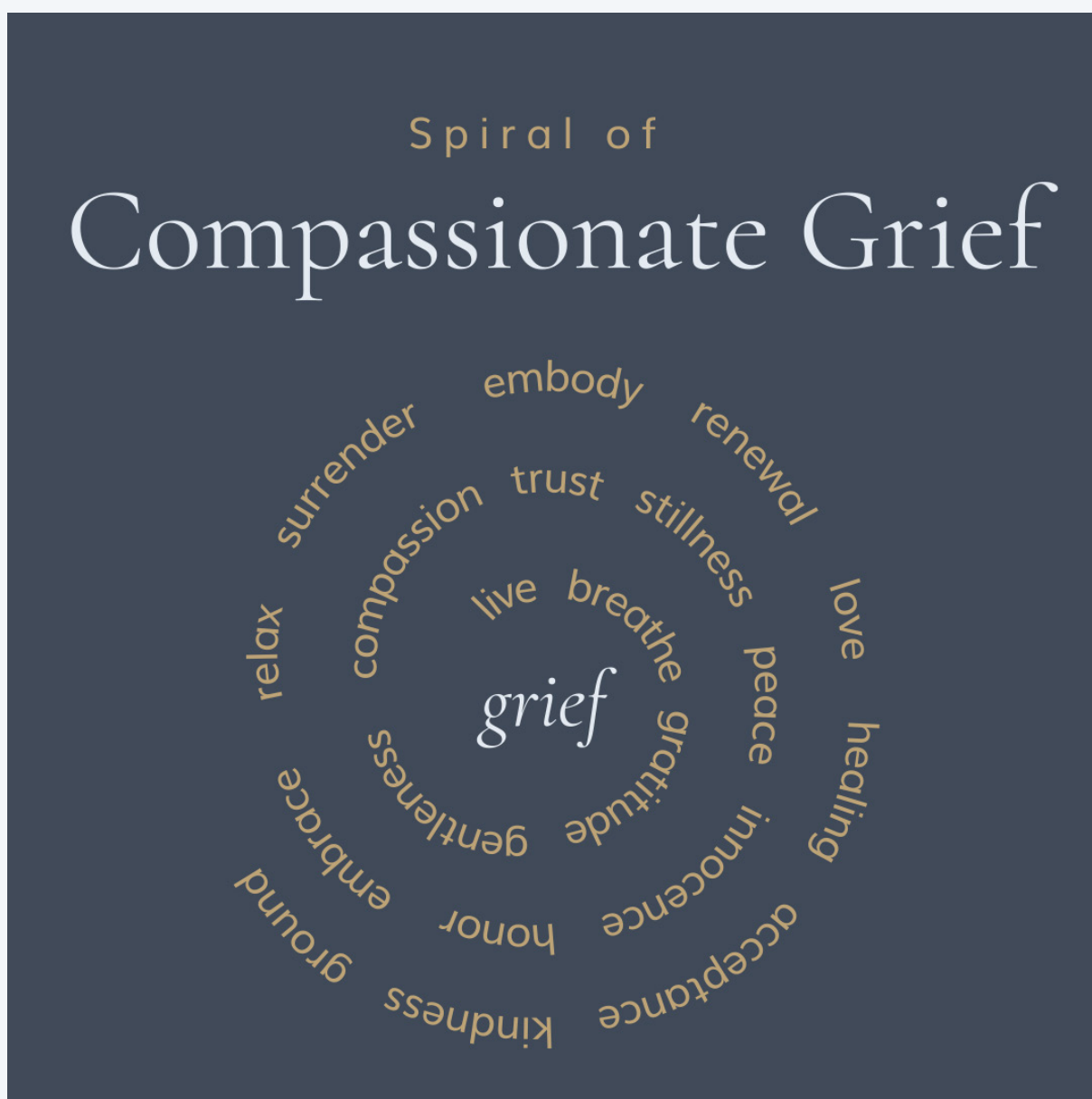
THE DRUM OF GRIEF

Grief brings up a host of emotions that are drummed up to the surface. They are part of the whole experience. Giving yourself permission to let them pass through is necessary as you walk the path to healing.



SPIRAL OF COMPASSIONATE GRIEF

Incorporating compassion into your journey is like a healing balm that covers the wound and ache. Please give yourself the opportunity to lean into support and compassion from yourself and those around you offering the gift of their time and friendship.



THE PRACTICE OF BEING WITH WHAT IS

We all become triggered at some point, and especially so during grief. Triggers reveals an opportunity for us to heal from some subconscious experience. The next time you are confronted with an event or experience that triggers you, pause and apply the Essence of Transformation to guide you into greater awareness of the situation. Take a moment to breathe and become totally present. Create stillness around it. Notice what the situation is trying to inform you about.

TRIGGER TRANSFORMATION GUIDE

1. Before responding, take a moment to pause and breathe.
2. Become totally present with the situation and be in your body now.
3. Notice the movements of sensations and feelings in your mind and body. What are they alerting you to?
4. Redirect your awareness. Move from unconscious mind to conscious awareness of self.
5. Respond with compassion and gentleness for yourself.
6. Transformation into a new place.
7. Awakening.
8. What wisdom are you learning from the situation?
9. An attitude of gratitude.
10. Celebrate being present with what has just transpired and how you were able to enter the situation consciously with your higher self.

