

GRIEF AND MOURNING

Energetically Speaking



Grief

Grief is our inner feelings and thoughts of sadness and despair when a loved one dies. Mourning is our outer expression of these thoughts and feelings.

Mourning is a natural part of the human experience, but its essential place in life may be overlooked or forgotten.

Loss

No one is exempt from loss, and every person will react in their own unique way.

The intensity of our grief will be determined by our relationship to that which we have lost.

The Effects of Loss

Loss affects us biologically and spiritually. It affects our entire energy system which in turn affects our immune system. Our energy system provides us with the energy to live. Grieving is exhausting and often the energy to get up in the morning and to live another day seems impossible. Energy Healing can help to restore one's "energy system" which is the driving force behind all health, wellness and ones vitality for living.

Energy Healing and the Grieving Process

"The findings of Energy Healing illustrate that unprocessed grief is a destroyer of health on all levels. Energies caused by emotions and intense feelings may be stored for a while but if this results in an energy blockage, the system calls for action. These conditions of distress manifest as physical and or psychological distress in the body and the mind when we fail to deal with grief". (Spiritual Healing by Jack Angelo pg113).

Loss Often Causes Spiritual Disillusionment

When a person is grieving, it is the spirit within the person which needs nurturing. It is through nurturing of the spirit that the heart begins to heal. Loss affects us on a very deep spiritual level and we often become disillusioned with life and its meaning for us. Healing Touch Therapy connects a person to their inner sense of peace within. It calms the mind and elicits the relaxation response which is a deep relaxation in one's body and mind at a time when relaxation is beyond one's comprehension or ability to achieve.

The Definition of Grief Work is the working through of all thoughts and emotions associated with your loss to gently disconnecting from the physical presence of the deceased to reconnecting on a spiritual level with our loved one.

Grief Counseling

The aim of Grief Counseling is not to take the pain away but to help the person to express their pain.

Healing Touch Therapy and the Grieving Process

Healing Touch is a non-invasive mode of complementary therapy. It treats the body, mind and spirit. That's why it is called holistic therapy. It is a combination of both talk therapy and relaxation therapy. My bereaved clients have told me that above all else Healing Touch helped them to feel nurtured, peaceful and relaxed. When the body and mind are relaxed and free from tension and anxiety, healing begins.

Mourning is a Journey

With no "guide book" for the journey, some people can get lost. I have had twenty five years of experience in supporting those who are terminally ill and those who are bereaved. I have a certificate in Grief and Bereavement Studies from the University of Western Ontario. I have also been a Certified Healing Touch Practitioner for 18 years. I know this journey called grieving both personally and professionally and I can help you to find your way through.

The only way through grief is to go all the way in and all the way through.

Comments from clients:

"I would not have done it without your help. God bless you every minute of your day for the rest of your life"... bereaved client

"Thank you Karen for all your love, support, talks and treatments through some difficult times, you have made a difference in my life. I'm getting through and my wonderful journey in life continues to be positive"
Much Love...bereaved client

For Healing Touch Therapy with Bereavement Counseling and Support

Call Karen at 519.471.7016

Email: karencares@gmail.com.

- Fee: \$40 for Bereavement Counseling/Support Session - 90 min
- Fee: \$50 for Healing Touch Session - 90 min
- Fee: \$75 for Bereavement Counseling/Support and Healing Touch Session - 2 hours