

Life Journey Advisors

Grief, Loss, and JOY??

A Doula's Perspective

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Life Journey Advisors

- Terri Law - LPN for 25+ years
- Ashley Bright - Geriatric SW for 8+ years
- Conscious Dying Coaches
- Sacred Passage Doulas
- Healthcare Advocates



CENTER AND GROUNDING



A woman with long brown hair, wearing a light blue sleeveless top and dark pants, is sitting cross-legged in a lush green field of tall grass and wildflowers. She is looking towards the horizon where the sun is setting. In the background, there is a small town or village nestled in a valley, surrounded by rolling hills and mountains. The sky is a mix of blue and orange, indicating the time is either sunrise or sunset. The overall scene is peaceful and scenic.

BIG, BOLD QUESTION:

**Are you enjoying
your life today?**

Life is good!

**But it can be even
better!**




BIG, BOLD QUESTION:

**Can “sitting with
grief” bring you JOY?**



**“I HAVE NEVER
FELT TRUE
JOY”**



**“The soul
would have no
rainbow had the
eyes no tears.”**

-John Vance Cheney



Let's explore:

The 5 Gates of Grief

by Francis Weller
(Taken from his
book "The Wild
Edge of Sorrow")

Gate 1

Everything you love you
will lose. - *loss*

Gate 2

The Places That Have
Not Known Love - *shame*

Gate 3

The Sorrows of the
World - *separation*

Gate 4

What We Expected and
Did Not Receive -
belonging

Gate 5

Ancestral Grief -
isolation



What can you do??

Advocate for yourself

“Look, I am really hurting and this is why, and this is how I would like to receive help.”

The 5 Domains of "Being"

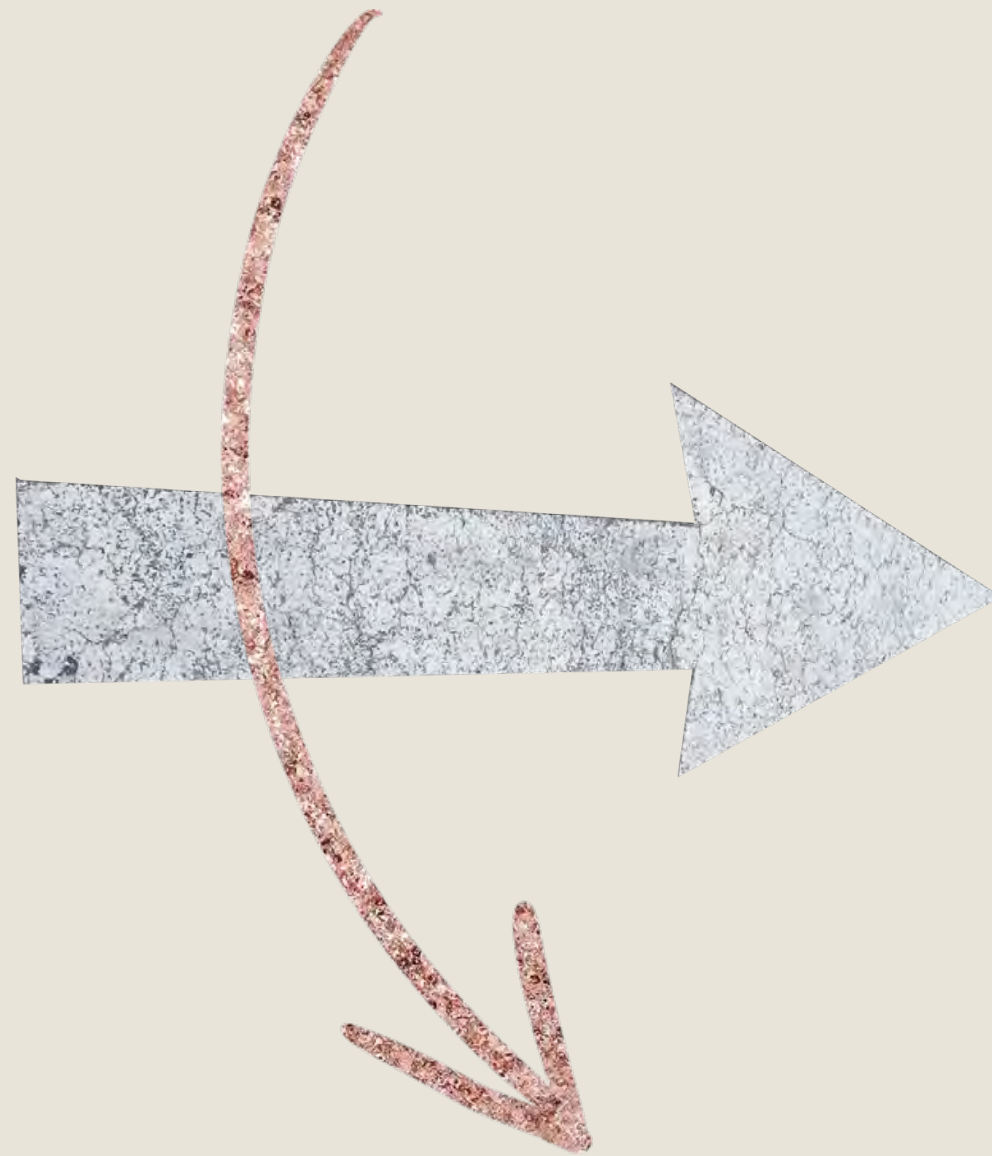


- **MENTAL DOMAIN**
Life Legacy Review
- **SPIRITUAL DOMAIN**
More than just "religion" – what calms your soul?
- **PHYSICAL DOMAIN**
What would bring you comfort as you are dying?
- **EMOTIONAL DOMAIN**
Who do we need to forgive/seek forgiveness
- **PRACTICAL DOMAIN**
After Death Care

Resiliency



HOW DO WE MOVE
FROM MERELY
SITTING WITH GRIEF...



TO HONORING IT?
TO COEXISTING
WITH IT?

Ritual



Key Findings:

“Our results suggest that engaging in rituals mitigates grief caused by both life-changing losses (such as the death of a loved one) and more mundane ones (losing a lottery).”



Key Findings:

Despite the absence of a direct causal connection between the ritual and the desired outcome, performing rituals with the intention of producing a certain result appears to be sufficient for that result to come true.

*-Francesca Gino, Michal I. Norton,
Science America Journal, May 14, 2013*



Guided Visualization



Debrief

Life Journey Advisors

- Healthcare Navigation
- Healthcare POA services
- End of Life Coaching
- Bedside Vigils/Family Education
- Free 30 minute consultations
- Affordable rates



"We are all just walking each other home" -Ram Dass