



7 BODY BASED GRIEF PROCESSING TOOLS



UNDERSTANDING GRIEF

Grief can best be described as a deep, heavy feeling of sadness or loss. Grief often also has an energy of shock in which the body can feel frozen in and making decisions can feel less than easy

CONNECTION

Helping the body through grief happens most quickly through story telling and reminiscing on fun or funny memories with loved ones. This can help the body to really come to terms with the current reality that may be hard to grasp.



CALMING TOUCH

notice where in your body you experience the feelings associated with Grief. Place hands on this/these areas that feel heavy. Keep hands here until you experience a sigh or sense of release

USING LEPIDOLITE AND HOWLITE CRYSTALS TO SHIFT HEAVINESS

I consider Lepidolite to be the absolute master to help the body to process grief and howlite is wonderful for promoting the body to enter deep states of rejuvenation and rest while sleeping, My go to is to wear them as jewelry particularly bracelets but can also hold the raw stones in your pocket

BALANCING THE SPLEEN AND LUNGS WITH SMELL

Grief often particularly effects the energy associated with the spleen and the lungs. Grief affects the lungs with a heavy feeling, and often breathing feels more heavy and laboured. Spleen is the seat of joy and life energy in the body and using the smell of (particularly flowers, helps lift the heaviness associated with grief . Recommendations include essential oils of lavender, ylang ylang, rose



BALANCING THE ENERGY OF GRIEF WITH SOUND



When it comes to the body healing and finding resolve and peace after and through grief I find Solfeggio frequencies - particularly 639hz to be the absolute miracle worker. This frequency helps balance your brain waves to induce feelings of calm acceptance and a sense of love being all around and imparts a knowing of the beauty in life and also death.

SELF HUGS

Crossing your hands over your torso and gripping your shoulders is an amazingly underrated tool for easing grief and deep sadness. Having your own touch and weight of your arms across your chest works much the same as an actual hug and your body responds very similarly. There is also safety receptors on your shoulders that when stimulated with touch help the body to shift into a rest and relax state.



PUT FIRM MASSAGING PRESSURE ON THE LUNG 9 ACU POINT

Lung 9 is an Emotional stress Release point for the energies and heaviness associated with grief aswell as depression and even feelings of regret that often come alongside grief when we get a sense of unfinished business