



## ***Mourning With the Help Of Loving Awareness™***

To move through grief, we must mourn. If we don't, we get stuck in our pain. These are some of the essential needs we have when mourning and navigating them with Loving Awareness can help us move our grief.

There is no right or wrong way to do this, and no set order. Whatever you're doing is right. It's more about being with yourself, when you can, with compassion. This guide is about identifying small parts of what feels like an overwhelming clump of pain, and in so doing creating space for awareness to shine light, and perhaps help shift perspectives.

I encourage you to take a few moments each day, or several times a day, to check in with yourself. With curiosity and compassion ask yourself where you are in this process and what you need. Then take a breath and listen. You may want to journal about your experiences.

1. **Acknowledge and move towards acceptance** of your animal's crossing and the circumstances surrounding it – at your own pace, as you can and even when everything's screaming "NOOOO!"

2. **Continue your relationship** through your memories and the love you share. Your relationship is different now; it will never be over. Use your love for each other to help bring the loving awareness I speak of to your process as you mourn. Bring this love with you into the next step.

3. **Move gently and compassionately toward the pain of the loss.** Let yourself have the "NOOOO!" This feels counter intuitive because we are wired to turn away from pain. Have you ever heard the expression "What you resist you become?" Just little bits, as you can are enough.

**Tip:** See if you can notice the difference between feeling your feelings and feeding them. If you find yourself in a negative thought cycle and beating yourself up, breathe, and turn your thoughts to some of the happy memories you shared. From that lighter and more loving perspective ask yourself if there's a different way to look at this. Listen.

4. **Allow yourself to adjust your self-identity.** A big part of what you've perceived as your purpose is gone. Your routines are changing. Who are you now? What do you want to do with this extra space? You don't even want to ask the questions because you know the answers don't include having your pet back. See if you can find a little willingness to ask the questions. Lovingly notice, just notice, any resistance you're feeling. If you're able to ask, take a gentle deep breath and then listen.

5. **Search for meaning.** There are SO MANY questions right now. Why did they have to leave? What happens to them? Can they hear me? Are they okay? Will I ever be ready for another? What was their meaning and purpose in my life? Remember it's the asking more than the finding, that's important right now. When you allow yourself to ask, again take a gentle breath and pause a moment to listen. If nothing comes, that's okay. It will when you're ready.

6. **Receive healthy support** from others who understand and/or have compassion for what you're feeling.

**Trust:** As you move through this process, if you allow yourself (and ask to be shown), the deeper lessons and healing that your animal prepared you for while they were here, will begin to show themselves. You'll never stop missing them; your new relationship will begin to take on more meaning and that does help.

*Reach out to me at:*

[www.vickisontheim.com](http://www.vickisontheim.com)

[vicki@vickisontheim.com](mailto:vicki@vickisontheim.com)

© 2022 Vicki Sontheim

