

## RE-SOURCING GRIEF for PET LOSS

### Rituals and Contemplations for Inner Peace

Over the years of speaking with animals in spirit these rituals and contemplations have helped many people and animals, as well as me personally in finding inner peace. Doing them and moving through the difficult emotions helps everyone in the home open up into right relationship with those in spirit. This welcomes joy and beauty back into the home by knowing deep within us the true nature of eternal love. If you have other animals in the home share these rituals with them, talk with them and move through it together.

#### 1. **Write your animal a love letter**

Write about or too your animals companion of all that they meant to you and why, of the wonderful memories and the life shared. How did their love and the relationship change you and invite you to grow? What did you learn from them? What do you carry forward with you from their life? In writing we bring to consciousness the details of our relationship and we move our emotions from the shock, sadness and pain into appreciation and fond memories. It helps us to emotionally focus on the fullness of the life and love shared and grapple with death in a different light and broader perspective.

#### 2. **Choose a physical action to help you let go of stuck emotions:**

Choose a physical activity like walking, exercise, house cleaning or even just digging a big hole in the garden and filling it up again. Dedicate the activity to letting go of all the grief in your body. This simple act has a profound effect on moving the feelings being stuck and opening us to new perspective and acceptance. You may do it once, or daily or weekly or as needed.

#### 3. **A ritual of goodbye and blessing:**

Rituals are a focussed time to honour life. My best advice is to make them personal to you and your loved animal friend. It can be just you or with family and friends, you may want to bake their favourite foods or do something special that you loved doing together, you may gather a few items in memory with their photograph, light a candle or plant a tree. The magic is in the heartfelt act of honouring the life shared. A ritual is a creative space to give gratitude to the preciousness of life shared, recognition of their unique beauty as a soul and very importantly a blessing of their journey in spirit.

**4. Prayer and relationship with divine:** Death brings us into very intimate contact with what we believe in beyond this physical world, where does the spirit go, what is God / Soul / the divine and questions “what do I believe in?”. These are important questions to deeply consider if they are coming up for you. Look at them and find the answers your soul seeks. Ask for guidance, signs and insight, ask for inner peace and allow yourself to trust the messages, instincts, desires, ideas and gifts that come your way. There are many incredible books and resources available today that can help you in this quest and allow death to be the teacher it is about the eternal nature of life and love. It is an initiation to living and loving fully.

**5. Moving through and letting go of difficult emotions:** If you are battling with guilt about the time of passing I have found that a clear and rational evaluation of events is incredibly helpful. Being honest about mistakes made by others or oneself (this life journey does not come without mistakes, difficulty and challenge) and how would you have done things differently with the perspective of looking back. What did you learn from the events and what do you commit to changing in your life to ensure you can do things differently next time. This process can take time and humility. Self-forgiveness and compassion are keys and a life lesson we all have to face. Helping others, be it through kindness to other animals and people, helping at rescue organisations or educating and empowering yourself in areas needed are acts that can bring great inner peace.

#### **6. Seek help from others**

There is so much help out there, find what your soul needs for healing



*love trust connect*