

Re-Sourcing Grief

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Over the years of speaking with animals in spirit these contemplations and actions have helped many people and animals, as well as myself personally in finding inner peace. Doing them and moving through the difficult emotions helps everyone in the home open the space for blessed relationships with animals in spirit. Please choose 2 or more of the processes to do before our session.

1. Write your animal a love letter of all that they meant to you and why, of the wonderful memories and the life shared. 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. Acts to let go: 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 profound effects on moving the feelings of stuckness 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 make them personal to you and your loved animal friend. May be just you or with family, you may bake their favourite foods or do something 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. A ritual is acts and words that that give gratitude to the preciousness of life shared, recognition of their unique beauty as a soul and 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 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.

5. 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 (we are all human and this 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.