

GRIEVING MINDFULLY



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Mindfully Grieving is about acknowledging and honoring the grief you feel at that very moment. As your life and wellness grief coach, I will help you conquer the storm while finding meaning and solutions to your goals.

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Grieving mindfully can be understood as being consciously aware of the intense pain of love after loss. Awareness is allowing yourself to accept the pain of grief, not running away from your loss. Using your emotional vulnerability to toward your growth as a human being. Come in full contact with yourself and learn to ride the waves of grief. Your thoughts, feelings, identity after loss all become vehicles for your own evolution.

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