

KEY TAKEAWAYS

Summary of day 3 session: **The Stages of Grief**



Interview with Hermien Elago

Opening practice

Place a hand on your heart and take three deep and deliberate breaths. Acknowledge the losses you have experienced. Breathing slowly, send love to yourself. Now, with each exhalation, send that love and compassion out to the world and to others.

Check in: The five stages of grief by Elizabeth Kubler Ross

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

Turning pain into power with Hermien Elago

Hermien says that given the above check in, she is currently “dancing with duality” in the eye of the storm between anger and acceptance. She feels this duality between calm and uncertainty...death and life...darkness and light as it presents to her at this time.

Hermien has suffered many personal losses, including her father and hero in 2008. He broke the family poverty cycle and through his example taught her so many important life lessons. Recently she has lost her best friend and two close family members and has been reminded once again, of the losses we suffer as human beings.

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Closing practice: What does your grief need from you now?

Sit in your chair. Take a few deep full breaths. Explore where you are within yourself today. Notice that your body is breathing. Can you detect a feeling of grief within? It's okay...there is no right or wrong. Perhaps your grief may look like a picture or it may feel like a sensation. Extend your awareness to your grief from your heart, with compassion. Maybe your grief needs to be held, rocked, seen and honoured. Ask your grief what it truly needs right now and allow your heart to be there. Let's move that grief into our heart space now and bring it home...you are held safely here. When you are ready to do so, exhale and blink your eyes open gently.

