

Grief and the Layers of Being.

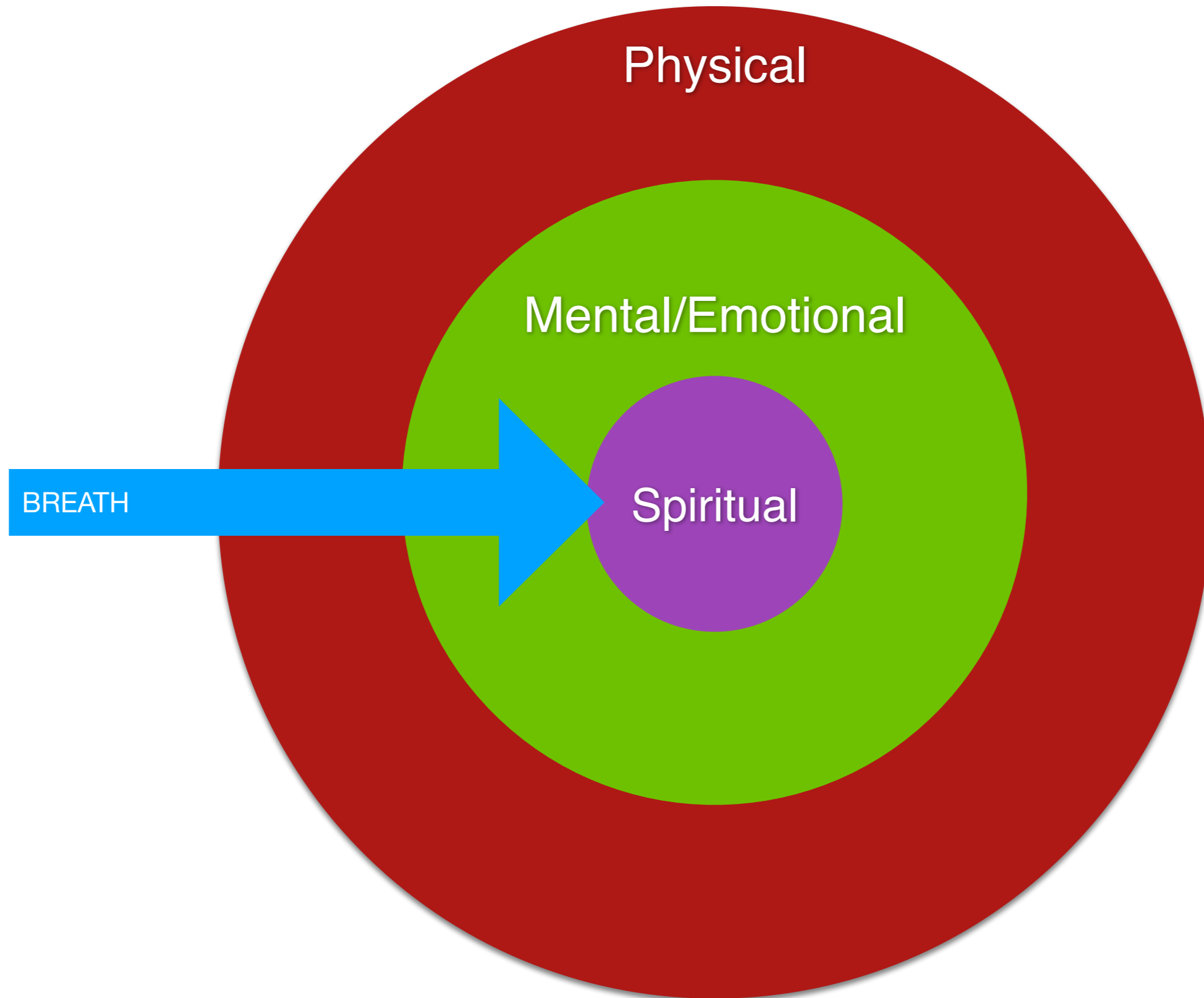
with Jason Wendroff-Rawnicki



**What is the meaning of
Grief?**

**How does it show up in your
Life?**

Layers of Being



Physical - Body - Sensations

sensation noun



sen·sa·tion | \ sen-'sā-shən , sən- \

Definition of *sensation*

- 1 **a** : a mental process (such as seeing, hearing, or smelling) resulting from the immediate external stimulation of a sense organ often as distinguished from a conscious awareness of the sensory process
— compare PERCEPTION
- b** : awareness (as of heat or pain) due to stimulation of a sense organ
- c** : a state of consciousness due to internal bodily changes
// a sensation of hunger
- d** : an indefinite bodily feeling
// a sensation of buoyancy

5 Senses

Sight
Sound
Smell
Touch
Taste

Emotion - Heart - Feelings

emotion noun

 Save Word

emo·tion | \ i-'mō-shən  \

Definition of *emotion*

- a** : a conscious mental reaction (such as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body

b : a state of feeling

c : the affective aspect of consciousness : [FEELING](#)

Emotions

Happy

Anger

Joy

Sadness

Frustration

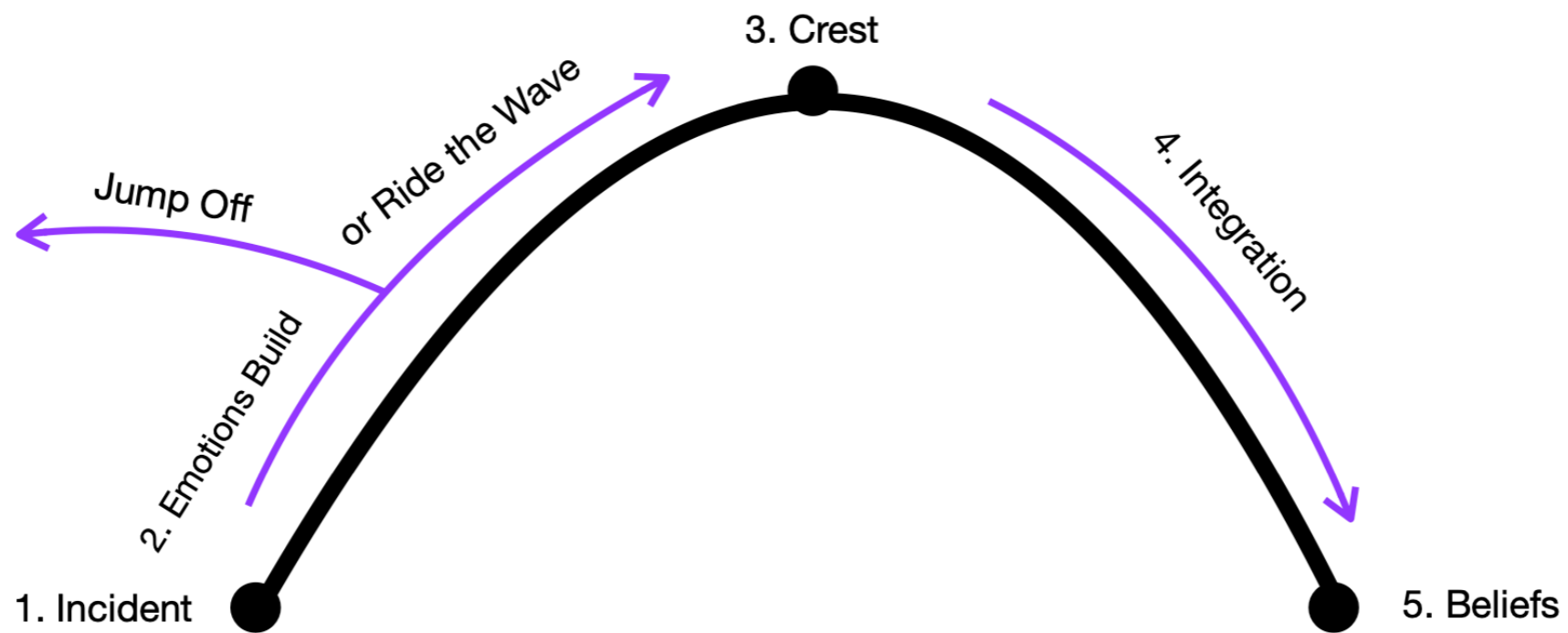
Loneliness

Excitement

Guilt

Numb

Ride the Wave of Emotion



Mental - Mind - Thoughts

thought noun



\ 'thɒt  \

Definition of *thought* (Entry 1 of 2)

- 1 : something that is thought: such as
 - a : an individual act or product of thinking
 - b : a developed intention or plan
// had no thought of leaving home
 - c : something (such as an opinion or belief) in the mind
// he spoke his thoughts freely
 - d : the intellectual product or the organized views and principles of a period, place, group, or individual
// contemporary Western thought

Thoughts
Questions
Statements
Beliefs

Grief

Thoughts

I will be in pain my whole life.
Why them and not me?
I could have done more.
I am a terrible person.
I must be strong for my parents.

Feelings

Anger
Hurt
Loneliness
Guilt
Sadness
Frustration
Numbness
Longing

Sensations

Hole in your heart
Heaviness
Physical Exhaustion
Crying
Screaming
Flashbacks
Triggering Smells

Spiritual - Purpose

What have you come here to do?

What is your divine purpose?

Are your thoughts, emotions and sensations aligned with your purpose?

The death of your Sibling is part of your spiritual path.

Spirit

Conditioning from Others

VS

Best Version of Self