

BROKEN HEART - A Gentle Healing Journey

BROKEN HEART – A Gentle Healing Journey is guaranteed to help you understand your grief and learn to nurture it with deep LOVE and CARE.

- Are you exhausted and can barely function?
- Are you overwhelmed with sadness?
- Are you riddled with loneliness and spend too much time alone?
- Are you struggling to get through each day?
- Do you find yourself withdrawing from friends and family? If so, you are not alone.

WHAT IS GRIEF?

Grief is a natural response to a loss, usually to the loss of someone or something that has died. Grieving is a normal part of life. Grief can impact our mental, physical, emotional, behavioural and spiritual well-being. **I think it is important to know that there is no right way to grieve, there is only your way.** What this means is that each of us will grieve differently to a significant loss.



WHY SHOULD YOU DO THE HEALING JOURNEY?

The Healing Journey was inspired to help others go within and understand their grief journey more deeply. When we lose someone we love, there is so much uncertainty and the overwhelming feelings of grief can take a toll.

The Healing Journey is an opportunity to bring some awareness to your pain, to seek insight into what is happening inside you and embrace your pain, instead of trying to push it away. Essentially, you are journaling your grief experience as a part of the healing journey. You are required to purchase your own special and sacred journal. The journal is your go-to place for you to explore, understand and begin to transform some of the pain living inside you.

The Healing Journey has a strong therapeutic foundation and will help you understand and express your grief safely as you connect more deeply to the parts of you that are struggling. It will also introduce you to self-care and self-soothing exercises to help you take better care of yourself whilst you are in pain.

- You will feel calmer and less stressed
- You will develop compassion and be more empathic towards yourself and others
- You will learn to take better care of your overall well-being

The Healing Journey takes place in the comfort of your own home, at your own pace. It is a gentle way of exploring your grief and loss in a space that is safe for you (your home).



BROKEN HEART - A Gentle Healing Journey was written and designed for seeking a greater understanding of your grief.

BROKEN HEART - A Gentle Healing Journey is for someone who has lost their loved one several months or several years ago and are struggling to cope.



BROKEN HEART
A Gentle Healing
Journey is available as
an online experience
and a workbook.

www.hih.net.au

Grief affects each of us differently



ABOUT THE EXERCISES

The Healing Journey gives you a daily awareness and/or healing exercise. There are 25 exercises in total. Each day you set aside some quality time (alone) to go through each exercise. The healing journey will stir up lots of emotions in an attempt to bring awareness, love and some healing to your grief. You will **STOP** avoiding the pain and begin to embrace it.

BONUS RITUALS

You will receive ten beautiful intuitive rituals. Each one of them are unique. The goal of the rituals is to bring you into your mind and body in hope of awakening some of the pain living inside you and supporting inner healing. Some of the rituals will connect you to your loved one in a creative and loving way.

BONUS GUIDED MEDITATION

The Healing Journey includes a guided meditation called "Guided Relaxation". The Guided Relaxation is a 20-minute guided visualisation that helps relax your mind and body. Imagine releasing the stress and unwanted energy stored in the body, this meditation will help you do exactly that. You can download the relaxation meditation directly from the website at www.hih.net.au

Healing in the comfort of your own home

ARE YOU READY TO INVEST IN YOUR WELL-BEING?

So many of us don't reach out for help and suffer in silence. DON'T suffer anymore.

Register for this online Healing Journey or the PDF Download and begin to honour your pain with love and compassion as you get to know yourself more deeply. Remember, healing is not forgetting your loved one, it is about understanding and transforming your pain.

We **NEVER** get over the loss of someone we love, but we do learn to honour them in a way that brings healing to our life. When we honour our loved ones, we honour our grief.

BROKEN HEART - is a gentle way of exploring the pain that is living inside you.

BROKEN HEART - A Gentle Healing Journey was put together by a qualified counsellor who has experienced many losses.



BROKEN HEART - A Gentle Healing Journey is all about honouring yourself as you grieve the one/s you love.

www.hih.net.au

THE HEALING JOURNEY BRINGS MANY GIFTS:

- The GIFT of being authentic and real with your grief and loss
- The GIFT of honouring the sacred relationship with your loved ones energy
- The GIFT of acknowledging the pain living inside you
- The GIFT of honouring your loved one's death in the essence of love and sorrow
- The GIFT of letting go of some the heaviness of grief that envelopes your heart
- The GIFT of being true to yourself and no longer suffering in silence
- The GIFT of no longer avoiding, denying or resisting your grief
- The GIFT of understanding and transforming the loss into a new kind of love
- The GIFT of being honest with your feelings and emotions
- The GIFT of dancing with your grief
- The GIFT of exploring self-care in the midst of grief and loss
- The GIFT of "TIME". Time to explore your grief at your own pace
- The GIFT of embracing the love of your loved one
- The GIFT of exploring how your loved ones death has impacted you



I can't speak highly enough about the Healing Journey". It's a journey that I am glad I took!

Lyndell (Australia)

To START your Healing Journey TODAY go to www.hih.net.au

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