

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

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.

BROKEN HEART
A Gentle Healing Journey is available as an online experience or a PDF Download.

BROKEN HEART
A Gentle Healing Journey is all about honouring yourself as you grieve your loved one.

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

- 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.

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

 **Bernadette Sutherland**

Mount Cotton QLD 4165
www.hih.net.au
bernadette@hih.net.au
0407 916 864

Counselling Available

Healing in the comfort of your own home

Broken Heart

A Gentle Healing Journey

Broken Heart

A Gentle Healing Journey

The Healing Journey has 25 healing exercises. Each one designed to create self-awareness. The healing journey will stir up lots of emotions in an attempt to create a deeper understanding of your grief experience.

The Healing Journey includes 10 beautiful rituals. Some of the rituals will connect you to your loved one in a creative and loving way and the others promote a state of mindfulness. The Healing Journey also includes a guided meditation called "Guided Relaxation". It is a 20-minute guided visualisation that helps relax your mind and body. You can download the relaxation meditation at www.hih.net.au

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 designed for seeking a greater understanding of your grief experience.

The healing journey brings many gifts

The GIFT of being authentic and real with your grief and loss

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 of the heaviness 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 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 exploring how your loved ones death has impacted you

Grief is unique to each of us

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