

GriefPlan.com

with Dr. Jason Troyer



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Healing Spaces & Journeys

Physical spaces can bring up memories, thoughts, and feelings that wouldn't normally come to us. By traveling to special places, we can find healing that may not be possible otherwise. It may be a place you go regularly or rarely. It may be across town or across the country.

Examples of Healing Spaces/Places

- Your loved one's place of final rest
- The location of your loved one's death
- A place in nature that is special to both of you
- A place of worship or other place that is holy to you
- Location with many happy memories of your loved one

Things to Do There

- Talk to your loved one
- Read a letter you wrote
- Pray or meditate
- Sing or play a special song
- Leave a remembrance item or flowers
- Be open to whatever thoughts and feelings come up

Other Considerations

- Be mindful during the journey
- Would it be helpful or meaningful to bring someone along?
- Do you want to take a picture while you're there?

Examples of Healing Journeys in books

Eat. Pray. Love. by
Elizabeth Gilbert

Ghost Rider
by Neil Peart