



Video Transcript

Learn To Move Through Grief With Compassion

So we're here to get more comfortable with transition changes of any kind in our lives. And this can be hard work. So please take note of my setting. I'm on a really soft surface. I'm wearing comfortable clothes. I would actually encourage you.

to make the same arrangement. This is about establishing a sense of safety in your physical environment, your immediate physical environment, and in your body. So I want you to think about setting the scene in a way that makes you feel really cozy and safe. When you establish a sense of safety for your physical being

that's when you can really dive deeply into practices, ones that might feel very intense and even a little edgy. So take a moment to do that first. And when you've done that, you can come back and join me in some grounding breaths. We often start with three deep breaths just to come together in the intention of this work

Amplify that sense of safety and center. I'm also going to encourage you to slow down a lot today. So let's start by practicing those three breaths together right now. Well done. If that was more than three breaths or less, don't worry about it. The fact that you're tuning in is enough. How was that first set of breaths for you?

What I would like to do is have one more moment where we drop in a little more deeply. I want you now to incorporate a layer of sensing, and we're even going to increase the breath count to five. What's going on in your physical body right now? Are you sensing any kind of stress or tension approaching this breathing practice, approaching talking about grief and transitions in life?

If any of that brings up a little bit of stress and tension for you, work it out. Can you see how I'm moving my shoulders? This is how I start to let my body know that it's okay to relax. It's okay to let go. This kind of movement along with the breathing really solidifies. I'm safe here. I'm safe in the space and I'm safe in my body.

I'm in charge. This practice happens at a pace that I dictate. It's important that you feel like you're the one leading yourself through this. This is about providing agency. Let's do that together. Five breaths. And if you need to move while you're breathing, your body calls for you to do so in any way, honor that. Starting now. Well done.

You have now already learned and have begun practicing a tool that's going to help you move through any transition in your life in a way that's going to feel easier, tolerable, empowering, and you'll be able to come out the other side of those transitions ready for whatever's coming. Isn't that exciting?

That sounds so great to me and I love sharing this kind of power with people and the ability to slow down the way we just did and to drop into our bodies and our deepest sense of center is one of the primary tools you need to make this work really effective. So now we have to implement when it becomes most useful. I want you to think

about a situation that brings up these themes of grief, of something ending. It could be a job that you are leaving, even by choice. The choices we make, even when they're in our favor or progressive to our lives and being, can still bring up grief. And that is okay. This is a practice that allows you to move

towards those challenging and even distressing emotions because you are strong enough to handle it when you have these tools. And then you can become in charge of your experience.

This is when the empowerment part comes in. So don't question what's happening. Don't judge it. Let yourself feel into a situation. You've talked about a job. Maybe you're moving from one place to another.

And maybe that's a good thing for you, or maybe you're really upset because you don't want to make that move. That is okay. This is the place for those difficult feelings that bring up grief, disappointment, deep pain. Let yourself feel that. Maybe it's a relationship. That's a big one. That brings up a lot of emotions.

And don't box the relationship we're talking about into just a partnership. Think about family relationships that change, friendships, anything, business relationships. Sometimes change just feels scary because we don't know what's going to happen on the other end of that. It's totally normal. Take a second with me again and feel...

As you're thinking the thoughts and you're telling yourself the story around whatever the situation is, notice how it starts to bring up some of those emotions.

And I'm gonna use very practical and operational language to lay the foundation of this practice for you. Your emotions are very separate from your thoughts. These are two different forms of energy that you experience. Your emotions tend to fuel the thoughts and the stories you tell yourself. And the more you can make that separation,

the more you can see the possibility for how you can change your emotions or your thoughts.

This is possible, but it doesn't happen without perspective. So let's drop back into that breath.

Just three of them with me, okay? Sit back, slow down. If you're starting to feel really stressed, look at how I handle that. Look at my mouth when I do this breath now. I'm gonna inhale, good.

That's a much more expressive exhale. That's the place in which I can release whatever is coming up for me. So if I think of a situation that is challenging to me in these themes, I can start to feel a lot of anxiety, even sadness. And those emotions tend to have their own momentum. Notice.

When you start thinking about something that scares you or there's anxiety, your thoughts can speed up really quickly. What's going to happen? What does it mean? I don't know how to handle this. And then we start losing our center. So this is all about coming back to your center. Once you learn this technique and you practice it often, there's going to be very little that can take you out of your center for long.

So I now encourage you to think about that situation again. To feel what comes up in your physical body. This is key. What's happening now? Remember that your emotions and your thoughts are separate forms of energy. But those emotions are now going to show up as feelings. And feelings are when you can sense your emotions in your body.

What's happening in your belly? Do you get a little tight? Do you get a little almost nauseated maybe? I carry most of my emotional stress in my digestive system. It speaks very clearly to me about what I'm feeling. What about happening? What's happening here in your heart center or your chest? Do you feel like your breath is speeding up or your heart rate is lifting? Those are indicators of physiological indicators of a stress response.

like entering into a fight or flight response. Those are indicators that you're moving out of your center. But it's important that you be able to feel what's happening in your body. When you have this level of awareness, you can start to influence this experience in a way that most benefits you. Maybe you're starting to feel back pain or neck tension or a headache. It doesn't matter what it is. I want you to simply

Accept it and then touch it. Let's say you have some of those belly upsets like I do. I want you to go to that. What is the emotion? We're going to take three breaths right now. Touch the area of your body that needs your comfort and soothing presence. We are no longer ignoring or trying to repress or compartmentalize what makes us afraid.

What brings us pain? We are strong and we are able to assess and look at it all. Confront it. Now you're going to talk to that part of yourself. Internal dialogue is better than no dialogue, but out loud is very powerful. So please, I encourage you, if you can, speak to yourself out loud. Speak to your fear. I see you fear. Thank you. Thank you for informing me.

Or maybe it's pain. I have such deep pain. I have such deep grief. See that breath I just used? You can literally breathe that out of your body. It's helpful to create sound and to get more demonstrative. Your emotions can feel strong in your body. Release them. I'm going to demonstrate that for you now. Let's say that you're in a very emotional state. Maybe you're crying.

angry and you want to yell maybe you're raging in a different way it's fine whatever it is but you're going to take hold of that you're going to become in charge of it and start moving back towards your center and the way that you do that is you accept how you're feeling without judgment you inhale into it and then you exhale to release it see how strong that is that's much more demonstrative do it with me again you can release and let it go

If you are familiar with this kind of breath in other practices like venting or yoga, you can make it look really big. You can stick out your tongue and make it look almost like demonic. You can make crazy faces just so you can get the sensations out of you. You don't have to live with this stress in your body. I'll show you so that you're like, hey, if she's being a total weirdo, I can be a total weirdo if it helps me, okay? So I'm gonna inhale. That was amazing.

That feels so good. Maybe think of sweeping some of that out of you down your arms. Go back to moving your body in any way that feels good. If it's very intense, you can stand up and you can shake your body, stamp the ground a little bit, and then come back to yourself. This was the cleansing part of the practice. We're going to start implementing positive talk so that you can handle the transition.

and whatever comes afterward. Okay, let's empower you. Come back to that grounded space again. Let yourself feel whatever is around you to comfort you, to sink into.

And if hugging yourself or touching yourself in a soothing way feels appropriate, then do that now. Okay, you're doing great. Let's go back to that deep breath and we're gonna choose to tell ourselves something. What I'm feeling is totally normal and I'm not alone in feeling this way.

Take a breath. Transitions are hard and the unknown

can bring up so much fear, and that's okay. Take a breath. Name some of the things that are bothering you, whatever the circumstances are. I don't like that blank is happening. It's so disappointing. Take a breath. Sometimes all your emotions need are to be acknowledged.

And then you don't have to feel the manifestation of that stress in your physical being. And you can find your center more immediately. And that center is the empowered place from which you get to make other big decisions. Take a breath. Is there any other movement that is coming to you now that you need to express? And if not, that's fine. Settle in. We're coming to a close soon.

I want you to go back to the rate of breath and slow it down. Steady yourself. You have just done very big work. Good job. How can you express celebrating yourself or congratulating yourself in this moment? Simple is best right now. Think of patting yourself on the shoulder or smiling and saying out loud to yourself.

Great job. We are confronting our fear and therefore our fear no longer has to rule us. Can you maybe even bring in a little excitement for these transitions? It means you're moving forward, even if it's not always under the circumstances that you want that to happen. It doesn't matter. You have a choice in how you move forward. You're doing so well. Let's take three last breaths together.

to ground and close this time. I'm really proud of you and I'm grateful for you doing this work. Thank you and move forward in peace.