



Grief Work

Webster's Dictionary defines **grief** as:

1. Pain of mind on account of something in the past; mental suffering arising from any cause, as misfortune, loss of friends, misconduct of one's self or other, etc.;
2. Cause of sorrow or pain; that which afflicts or distresses; trial
3. Physical pain or causes of it.

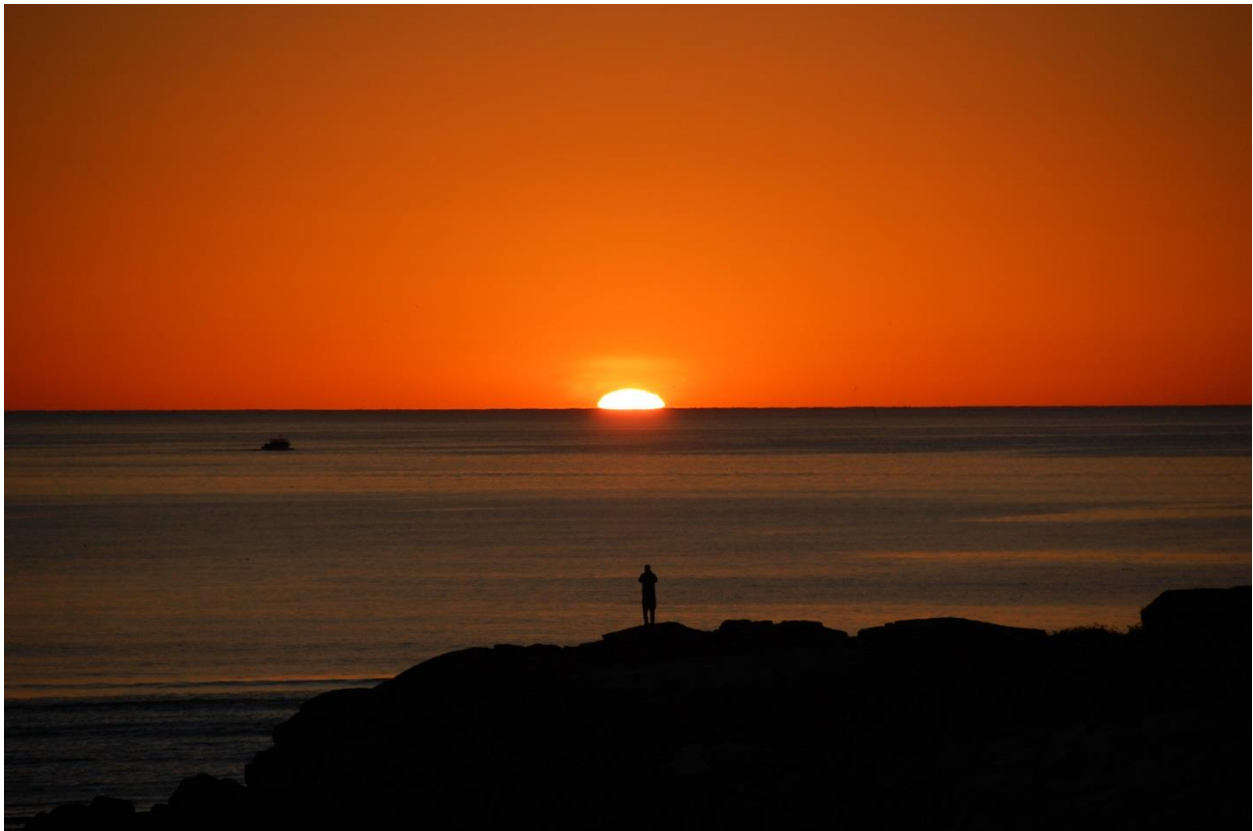
While an emotion, it very often can be felt as physical pain; a pressure in the chest; a stomach pain. Anyone who has experienced grief through loss knows that it affects the entire being, the body, the mind and the spirit. The ache is real, and dying of a broken heart is a phenomenon, albeit there could be mitigating circumstances health-wise leading up to it (CHF, COPD, poor health, etc...)

People deal with grief in their own ways and time. Period! There is no wrong way to grieve just as there is no right way AND there is no set time as to the longevity of a grief process. There are many ways to help heal the wounds and pains of loss. Some individuals seek therapy with grief counselors and/or therapy group, others seek the help of hypnosis, while others seek a combination of both. Some look to spiritual guidance whether

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from clergy, or from metaphysical sources, or their own “belief” systems.

We at Peaceful Light Healing **AT THE** Lakes Region Hypnosis Center in Tilton, New Hampshire provide three (3) avenues for such help: hypnosis, Reiki and a special metaphysical option, physical mediumship, aka Table Tipping (tap here for more on [table tipping](#)). All are techniques that are releasing (of unwanted feelings) and healing in their own right. Hypnosis can work with the programming of the subconscious mind, Reiki can delve into the healing of the mind-body-soul via life force energy (chi), and the process of table tipping (a physical mediumship) provides the possibility to communicate with a departed loved one or with any of the spiritual guides that we have in our lives on any given day.



Sunrise in Ogunquit October 2013