

Grief and Loss Healing Sachet

Sage:

Used for cleansing and purification. Aids in alleviating grief and sorrow.

Lavender:

Promotes sleep and convalescence. Invokes peace and helps battle depression.

***Sandalwood:

Promotes relaxation and heightens spiritual energy. Invokes passed souls

Marjoram:

Eases grief. Helps to restore happiness.

Garnet Gemstone:

Balances energy and raises emotions to a higher vibration. Attracts happiness and purification. Aligns spiritual and physical self.

Rose Quartz:

Aids in the processing of grief and anger. Eases pain through detoxification. Protects against nightmares (common after loss).

As always, if you don't have all of these ingredients, experiment. See what speaks to you and what feels comforting. When grieving, comfort is the main objective.

****When sandalwood is combined with frankincense and burned as an incense, it raises energetic vibrations and makes it easier for us to connect with spirit guides/enlightened spirits. I suggest burning some while you energize your sachet.*

Charging the sachet

Gather your materials and sit in a quiet place where you feel comfortable. You can do this during the day or night. Whenever feels best to you.

Take a few deep breaths and try to find a place of peace. Take a pinch of each item and place it in the sachet. If you don't have a small bag, you can use a clean sock.

As you deposit each item, picture happy memories with your loved one. Remember good times you had together. If a negative thought pops up, especially one where they may have been sick or suffering, acknowledge the thought but quickly replace it with a good memory. A helpful tactic when grieving is to immediately think of a good memory whenever a bad one arises. This helps take the power away from those difficult

thoughts and actually redefines the neuropathway connecting a specific thought to an emotion.

Once all items are in your sachet, tie it with a piece of ribbon or string and hold it between both hands. Close your eyes and picture your loved one standing happy and healthy before you. Don't be surprised if you get chills, feel as if you're being touched, or sense they are in the room. They are! Our grief is painful for them to watch. They are in a state of pure bliss, and they don't want us to suffer on their behalf!

As you hold the sachet, say:

In this time of darkness, please bring me back to light.
Ease the sorrow and the burden, during these harrowing nights.

Loved one's name's time here is done, for with life is given death.

Keep with me the beautiful memories,
Goddess, please alleviate the rest.

For only the Goddess is eternal, even the sun must disappear.
Gone from body but never from heart, *Loved one's name* is always near.

Place the sachet under your pillow or tack it over your head and sleep with it until you feel healed from the trauma of loss. And remember, healing does not mean you're okay with a loved one being gone from this realm. Or that you've "moved

on" or no longer care. Don't feel guilty for trying to heal and recover. Healing simply means you're in the spiritual place where you can accept that the beautiful journey of life is concluded by death, and you've come to a place of peace and acceptance knowing your loved one's path on this plane has concluded. Healing by no means lessens your love for that spirit.

One last thing before I go, please remember that love is love and grief is pain. I once worked for a veterinarian who would complain if a staff member took the rest of the day off after putting a pet to sleep, each time mentioning that he was in work the day after his mother died. While I could spend many hours writing about how his lack of empathy disturbs me, especially from a veterinarian (??), I mention this troubling anecdote only to demonstrate that there are people in your life who will simply not understand the depths of your loss. But please know this: whether you lost a mother, brother, wife, dog, or fish, it was a spirit you had a connection with and therefore mourn. Please don't ever feel you don't have the "right" to experience your grief. No one can judge another's path. Your loss is YOUR loss. Don't let dogma (i.e. that voice in your head created by society) tell you you're overreacting or need to place an expiration date on your grief. Only you know how much you loved that special spirit. Only you fully understand the pain you're experiencing. Dismiss those who are lacking compassion. Too many people are disconnected from their spiritual selves and therefore can't understand how

two spirits, especially those of different species, can be so interlinked. Don't let their negative opinions influence you. You're on a difficult journey to healing. Be kind to yourself during this arduous transformation. And if the pain feels too much to bear, please seek professional help.

<http://www.penniesspagan.com/2016/05/grief-loss-healing-sachet.html>