

# Grief Recovery Method Testimonials

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One of the best things I've done for myself. Top 3!  
The method is simple. Going through the method with  
the facilitator's guidance simplified things even more,  
and made me learn how to do it.

Now that it is learned, it is mine forever.

I am so grateful.

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My awareness is now heightened in that I learned the ways we often, without realizing it, avoid dealing with our grief.

I also learned the healthy steps towards finding a way to let the grief live outside of your body and reframing the grief so that you can let go and accept it!

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I learned so many great tools that will help me not only in the grieving process but in interpersonal relationships as well.

Deep listening, nonjudgement, making space for others, the gift of being vulnerable, the gift of expressing etc...

This course has been a true gift and privilege not only for me but for my family... it has had a ripple effect in my closer relationships and I am so very grateful.

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I was provided the opportunity to see that  
I am not alone in my grief.  
In loss and grief we tend to feel alone.  
This process has opened me up and made me aware  
that we ALL experience grief.

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I can never go back to  
ignoring grief and loss.  
I know the benefits of acknowledging  
my feelings and from now on,  
I shall use this method to deal with the  
difficulties life will present me with.

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I have learned a way to deal with  
life's most difficult situations!  
Fearless, I said. And powerful.  
That is how I feel now that  
I've taken this course.

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I feel more liberated and less weighed down by the heaviness of the grief.

I am still sad but I am now better equipped to face this grief, accept it and move forward.

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I have benefited from this course in that I feel lighter, more liberated, less alone, more accepting of my situation. I feel empowered in knowing that I now have the tools and can move forward in a healthier way.

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I have received thought-out instruction from a very well-prepared, knowledgeable and caring person. A million thank yous are not enough to express my gratitude.