



Support For Shock & Grief

"O LORD, be merciful to us, for we have placed our hope in you. Be our strength every morning, our salvation in times of trouble." - Isaiah 33:2

People suffering from deep grief have a large spiritual wound that needs to be addressed in order to truly heal. While there is homeopathy and essential oils to support someone through this process it is critical they also are pointed to sound teaching. Knowing how to direct people to these resources is paramount. Consider pre-purchasing some of the resources to have at your disposal to share with those in need.

Primary healing is through counseling/thought support, as provided:

Spiritually, people need to seek godly counsel/support. Recommended groups and books include:

- Direction for Our Times <https://directionforourtimes.com/library/direction-for-our-times/> (there is also a free online library available through this group)
- Sonja Corbitt <https://www.biblestudyevangelista.com/> are invaluable. Sonja Corbitt has a good series on Anxiety and her Sacred Healing Masterclass is well worth the cost to participate.
- Gary Roe <https://www.garyroe.com/>
- Luisa Piccarreta "The Hours of The Passion of Our Lord Jesus Christ"
- Fr Chris Alar "Suicide, There's Hope for Them and You"
- Anne, A Lay Apostle/a.k.a. Kathryn Clark "The Mist of Mercy, Spiritual Warfare and Purgatory" (pure Hope for those who bury loved ones to any tragedy or reason) and the book "Climbing the Mountain"
- Father Ron Rolheiser has done some of the Most Incredible written work on Suicide, decades before anyone else.
- "Midwife for Souls" by Kathy Kalina, packed with anecdotal stories, it evokes personal memories of people's experiences in the days leading up to the death of a loved one.

Medically, if someone needs help some good resources are:

- Alliance of Hope (24/7 staffing/counselors on their forum. Their focus is for suicide loss survivors, but they would know the best prevention professionals.) This is a secular institution. <https://allianceofhope.org/>.
- John Paul II Healing Center <https://jpiihealingcenter.org>

People also should be cautioned that the majority of mainstream therapists are not well trained.

"Why are Therapists So Rarely Trained" <https://www.usatoday.com/in-depth/news/nation/2020/02/27/suicide-prevention-therapists-rarely-trained-treat-suicidal-people/4616734002/>

"Cast all your anxiety on him, because he cares about you." 1 Peter 5:7

Support For Grief & Shock *(continued)*

Healing support modalities include:

Homeopathy

- Shock: homeopathic Aconite 200c or 1M as needed
- Deep Depression: homeopathic Aurum Met 200c every other day and Coffea 200c twice daily
- Grief/Sadness/Anxiety: homeopathic Ignatia 200c twice daily or more frequently if needed
- Overwhelmed: homeopathic Sepia 200c every other day (Female) or homeopathic Aurum Met 200c every other day (Male)
- Fear/Anger/Violence: homeopathic Stramonium 6c twice daily

Essential Oils: Lavender, Frankincense and Orange are great oils to diffuse or apply to your skin to help bring calm, relaxation and renewal.

Move: It is critical during an acute emotional experience to move. Walk, lift “heavy” items, your body produces extra adrenaline during these events and you need to metabolize it. After you are through the intense initial emotions during an experience. Exercise, walking, running, hiking, whatever is right for your body, helps people to continue to heal.

Finger Holding Reset: Gently encircle an index finger with the other hand until you feel a nice steady pulse, ten hold for about 15 beats more. Repeat with the other hand. Repeat with your other fingers. For the thumb, encircle a thumb with your other hand, placing the pad of the holding thumb's fingertip on the base of the held thumb. Count the pulse for 15 beats. Repeat with other hand. The emotional mapping to your fingers is as follows: Index: fear, Middle finger: anger, Ring finger: sorrow, Pinkie: willfulness, trying-too-hard, won't let go, Thumb: worry. It is recommended you walk through all fingers and thumb and not just do the ones you think you need.

Sunshine: Get outside and enjoy sunshine on your face and skin. This is a great way to improve your mood. Combine it with walking/praying for even a few moments of refreshment.

Eat healthy fats including grass-fed butter, cold pressed coconut oil, cold pressed olive oil, bacon and fish. The omega-3 fatty acids in these foods and others help to optimize the function of your brain and nervous system.

Journaling can help some people process their feelings; others are greatly helped through listening to music. Find what works for you and don't worry if some means don't work.

Reading poetic words from Tom Zuba in “Permission to Mourn” or “Becoming Radiant”.

Heavy weight blankets and fluffy light blankets individually or in combination can help one feel physically comforted/soothed.

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” - 2 Corinthians 5:17

DISCLAIMER: The information provided here by the CORAC Health and Wellness team is for educational purposes only. It is not intended to diagnose or treat any illness or condition; and it is not intended to be, nor should it be construed as, medical advice. We encourage you to make your own health decisions based upon your research and in consultation with a qualified professional.

