

## Good Grief: Healing After the Passing of a Loved One

**A 30-day program designed to support and comfort you through the process of grieving.**

[TRANSCRIPT OF Mp3 INTRODUCTORY RECORDING]

Hello this is Master Theta Healer, Karen Abrams, and I'd like to welcome you to

*Good Grief: Healing After the Passing of a Loved One.*

This program is a series of very short theta meditations (around 5 minutes each) to listen to right before going off to sleep. Doing so will help to support you through the process of grieving your loved one.

I chose a bedtime meditation because whatever you are thinking and feeling right before you go to sleep will affect your subconscious mind for at least the following four hours, if not more. So if you are in turmoil, your subconscious will marinate in that for most of the night, leaving you with unsettling dreams and poor sleep as well as a waking feeling of discomfort in the morning.

Grief is a personal experience that does not go in any particular order. Only know that it has been given to us so that we could process a death or transition through our body mind and spirit.

**Before you begin the actual program, you will go through three other Mp3s:**

- The first one is named "Sending Them to the Light" will guide you through a theta meditation that brings your loved one over into the After Life. This can be done at any time of the day.
- The second MP3 is called "The Basic Theta Healing" which will make sure you have the basic energetic downloads in order to receive this and any other healing you may get. This, too, can be done at any time of the day.
- The third MP3, called "Good Grief: Healing After the Passing of a Loved One," is a full 50-minute Theta Healing session to do during waking hours. This Theta session is geared to help you deal directly with this death and all of the issues it brings up for you. So it is best to do this during the day. It will get you ready for the gentle bedtime meditations that you can begin after this.

The program has been divided by the five major stages of grief, provided to us by the research of **Elizabeth Kubler Ross**. Each stage is named and then numbered as Week 1, Week 2, all the way through Week 5.

Within these Stages are the MP3s for each night of that week — with a title and a number for the day. You may want to download these MP3s into your iPod or another individual listening device.

Just click on your bedtime meditation and listen, 10 minutes before you go to sleep, so that your mind will be prepared and supported when you enter into your sleep.

Please note that since your grieving process will take as long as it takes, you can use these meditations over and over and get something different every time, based on where you are at emotionally, mentally, and spiritually.

***Good luck on your journey . . . and God Bless.***

## **PROGRAM OUTLINE**

### **(MP3 #1) INTRO: HOW TO USE THIS PROGRAM** (Listen to me first)

*This beginning of this document is a transcript of this introductory MP3 recording.*

### **(MP3 #2) SENDING THEM TO THE LIGHT** (Listen to me second)

*This Theta meditation will help your Loved One cross over into the Light. And if they already have, it will just send them love.*

### **(MP3 #3) HOW A THETA SESSION IS CONDUCTED** (Listen to me third)

*This Theta meditation explains briefly how a theta meditation is conducted and what you need to do to participate in it.*

### **(MP3 #4) THE BASIC THETA HEALING** (Listen to me fourth)

*This meditation gives you the basic energetic downloads you need to prepare to receive all of the healings in this program and any healing you may get from outside.*

### **(MP3 #5) GOOD GRIEF: HEALING AFTER THE PASSING OF A LOVED ONE - 50 min.**

(Listen to me fifth)

*A full Theta Healing session directly addressing your grief.*

### **BEDTIME MP3S** (Listen 10 minutes before you go to sleep)

#### (MP3s #6-#11) **Section 1: Healing Denial**

- Day 1 - Bridge To Safety Knowing This Has Happened
- Day 2 - Being Able To Sleep
- Day 3 - Giving Yourself Room To Grieve
- Day 4 - Know What You Are Meant To Learn From This Denial
- Day 5 - Sending Your Love To Your Loved One
- Day 6 - Connecting To Your Loved One (Receiving Their Love)

(MP3s #12-#17) **Section 2: Healing Anger**

- Day 7 - Safe To Let It Go
- Day 8 - Lifting Regret
- Day 9 - Forgiveness
- Day 10 - Releasing Grudges
- Day 11 - Being Kind To Yourself
- Day 12 - Honoring Yourself Through The Process

(MP3s #18-#23) **Section 3: Healing Bargaining**

- Day 13 - Releasing Your Control Of The Event
- Day 14 - Sacrificing Yourself For Others
- Day 15 - If I Had Just Been There
- Day 16 - On Being Superman
- Day 17 - Manifesting And Being Compassion
- Day 18 - Accepting Death

(MP3s #24-#29) **Section 4: Healing Depression**

- Day 19 - Opening Up To Process Your Depression
- Day 20 - Feeling Safe Being Sad
- Day 21 - Understanding There Is An End In Sight
- Day 22 - How To Support Yourself Through The Sadness
- Day 23 - Knowing You Are Being Supported Through This Process
- Day 24 - Feeling Lighter And Lighter

(MP3s #30-#35) **Section 5: Attaining Acceptance**

- Day 25 - Connecting With The Energy Of The Loved One
- Day 26 - Moving Forward
- Day 27 - Opening Up To A New Level Of Healing
- Day 28 - Saying It Is So
- Day 29 - Being Yourself
- Day 30 - Living In Acceptance

**BONUS #1:** A 50-minute full theta healing session called "40 Winks Downloading Sleep" to help you feel rested and gain energy to start your day right.

**BONUS #2:** A PDF download of "Good Grief: The Daily Life list," a checklist of questions and requests to help you remember the details of life while you're grieving.