



Wonder-filled Grieving © Linda Wellenbach

in collaboration with the Big Leap Home

Grief can feel like you've been slammed by a tsunami. Untethered, flailing under rapid, muddy currents, you're struggling to survive, frantic for the comfort of familiar and dependable ground. Everything that once was, is gone. Life will never be the same. So, what now? After the destruction, what "new normal" will you create? The Wonder-filled Grieving questions offer opportunities for you to come up for air, rest, take stock and see where you are. A bigger picture appears. These questions are intended to offer comfort, guidance, inspiration and support so that you emerge more empowered, peaceful and joyous than ever imagined.

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A Guide for Wonder-filled Grieving©.

The Big Leap Home has collaborated with Linda Wellenbach to create Wonder-filled Grieving Questions as a resource for bereavement groups and/or anyone moving through loss. Designed to facilitate conscious grieving, they provide gateways for awareness, exploration, discovery, and empowerment. Enlightened, peace arrives, births the clarity and resilience to create a new-normal. Re-creating life after loss becomes possible.

Steeped in grieving, some people find it difficult to express, share their feelings. These questions are user-friendly communication and expression boosters.

Instructions:

- This is the download and print-yourself version. This allows you to make as many copies as you want.
- The Wonder-filled Grieving cards, 50 in all, will be available for purchase in the near future. Stay connected to the Big Leap Home for more information.
- The cards will come in a small, convenient, 3X5 drawstring bag. In a group they can be put in a container (jar, basket, box, etc.), and passed around for random drawing, or they can be spread out face down on a table, with each person or facilitator choosing. They can also be pinned/glued to a discussion board, or “grief maps.”
- For individuals the possibilities are endless and unique. They can be placed on your bathroom mirror, kitchen table, daily calendar, or in a purse or wallet. They might also be bookmarks for favorite books, or taped into journals, tacked onto vision boards or used as part of a daily meditation practice. Sturdy, they can also be magnetized, placed for inspiration anywhere, or hole-punched for a key chain.

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Helpful ways to use the questions

- These questions support a conscious grieving process. They were designed to be used in a group setting (a bereavement group, for example) and can also be used individually.
- Some people wait until they are asked a specific question before expressing fully. The questions are ideal for these folks.
- The questions can be pulled randomly from some kind of container or bag. There can be a healthy excitement when you don't know what the question will be.
- The question can be answered by one person only, by everyone in the meeting or by anyone who feels drawn to answer that particular question.

These questions support a conscious grieving process. Conscious grieving includes your whole self - mind, body, spirit. Before answering these questions, give yourself the gift of being fully present. Bring all of you to the experience. Start with a simple body scan. Focus head to toe on any body sensations. No judgement; just notice. Then notice your breathing. The word "spirit" is derived from the Latin "breath." Breathe into any sensations calling for attention. Notice, too, if your body wants to move in a particular way, or make a sound. Allow it. Notice any thoughts, images, feelings that erupt, float by. Send them love. Notice, notice, notice and lovingly welcome all. Approach this exploration with reverence. Value your natural, unique pace and evolution. This is a sacred journey. YOURS.



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Questions that support the grieving process

♥ What helps you move through the grief process ?

♥ What surprises you about the grief process?

♥ What do you wish people would understand?



♥ When you lost your beloved, what else did you lose?

♥ What have you discovered about yourself since your loss?

♥ What new things have you discovered about the person you lost?

♥ What do you need most right now ?



♥ Who has loved you through ?

♥ How has life changed since your loss ?

♥ What might you be angry about ?

♥ How have you given meaning to the life of the person you lost ?



♥ What do you tell yourself about the future now ?

♥ What might you be afraid of now?

♥ How do you honor the life of the person you lost ?

♥ Where does the memory of your lost loved one live in your body?



♥ What do you appreciate about yourself - and maybe others - after this loss?

♥ What do you appreciate about yourself - especially after this loss?

♥ Where do you get the inspiration to move through, on?

♥ Throughout this process, what choices are you proud of?



♥ What stories do you tell yourself about death?

♥ What “silly” things trigger your grief?

♥ What thoughts, memories, might you be purposely blocking, avoiding?

♥ What, if any, “weird” experiences did you have after your loss?



♥ What old family dynamics do you notice rising since after your loss?

♥ What stories do you tell yourself about the last moments of your loved one's life?

♥ What role do you find yourself playing in your family since this loss? What would you change about that, if anything?