

Thank you for your interest in my grief relief resources.

If you are here after reading my book, I hope it helped you feel less alone. I would love to hear from you!

To help me help others who are grieving, please share your review to on Amazon [click here](#).

To purchase books. www.thisisgriefbook.com
Or Amazon.com

To invite me to speak: www.TanyaDetrik.com/speaking

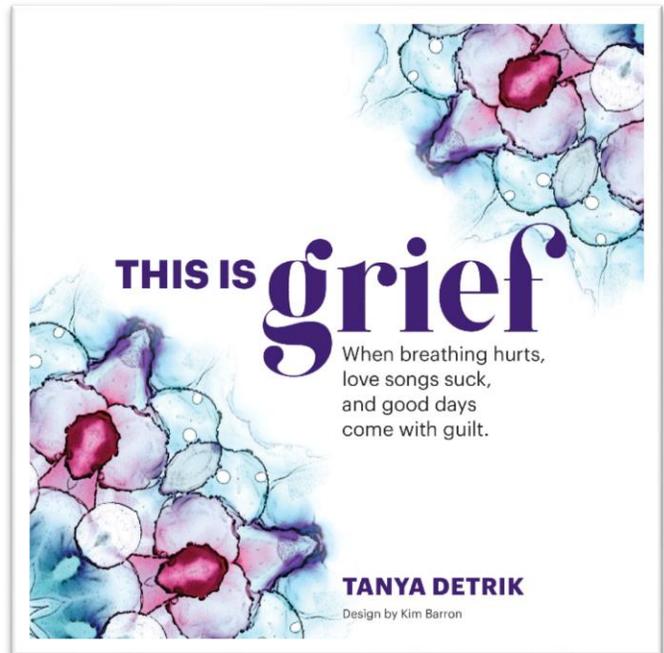
To email me: tanya@tanyadetrik.com

Disclaimer:

The resources in this document are things that helped me. They are not endorsements, and I receive nothing from mentioning any of them. I assume no responsibility or liability whatsoever on behalf of the consumer or reader of this material. Always consult a trained professional before making any decision regarding any treatments of yourself and others.

All the best to you,

Tanya



Forgiveness

Of all of comforting acts during grief, forgiveness can be the most difficult. First, you must forgive yourself for being angry. Anger can be a form of emotional protection when you are vulnerable, but, as you heal, you need to let it go.

Holding on to anger can cost you your health

According to the Mayo Clinic website, forgiveness can lead to:

- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- Stronger immune system
- Improved heart health
- Higher self-esteem
- Healthier relationships

There are many ways to ask for forgiveness. One you may not have heard of is the Ho'oponopono Prayer for forgiveness and healing. It is a Hawaiian prayer. It is just as effective if listened to, spoken aloud or repeated in thought and is a lovely practice for forgiving yourself and others.

The Ho'oponopono Prayer

*I'm sorry
Please forgive me
Thank you
I love you*

Learn more and listen here:

<https://www.youtube.com/watch?app=desktop&v=91CdQcKkCJU>

<https://www.youtube.com/watch?app=desktop&v=ckYUbuBnRuw>

Journaling

Statistics say that 15 minutes of writing for 10 days is more beneficial than hours of talk therapy. Journaling can offer a form of emotional release, and you don't need to be a good writer. You just need to put pen to paper (which is more therapeutic than typing on a computer). Let your feelings flow. You have things to say to the love you lost, and maybe you need to vent without hurting anyone else's feelings.

My journal entries became the basis for the book, *This is Grief*. My special grief journal is coming soon. Look for the announcement.

Music

The music of your daily life tends to naturally evoke an array of emotions. While grieving, music can be a healing force. However, the songs that remind you of your relationship may not always help you feel better. That's why part of the subtitle of *This is Grief* says *when love songs suck*, because they can sometimes make you feel awful.

There are other types of music created to soothe our emotions at a deeper level for healing. I used them often, especially when sleeping was difficult. YouTube is a marvelous source to sample and play them.

The following types were especially helpful:

Solfeggio Healing Frequencies

Solfeggio music is categorized according to levels of Hertz (Hz) (see chart below this). Solfeggio frequencies are nine tones derived from the teaching methodology used in 11th century Gregorian chants, the precursor to our musical scale.

According to neuroscience lecturer, Dr. Alan Watkins, those who chant experience their lowest heart rates and blood pressure while engaged in chanting. There is research to suggest that chanting can alleviate depression. One does not necessarily have to chant to benefit.

Listening to solfeggio frequencies is believed to have the following healing effects:

- 396 Hz — Releases Fear
- 417 Hz — Eases and Initiates Change
- 528 Hz — Results in Healing and DNA Repair
- 639 Hz — Heals Relationships
- 741 Hz — Finds Creative Expression and Solutions
- 852 Hz — Causes Spiritual Homecoming

Learn more and sample music here.

<https://www.gaia.com/article/healing-frequencies-of-the-ancient-solfeggio-scale>
<https://meditativemind.org/benefits-of-music-based-on-7-solfeggio-frequencies/>

YouTube offers many other options for listening. Search solfeggio.

“Everything in Life is Vibration” – Albert Einstein

The law of nature that states **everything** has a **vibration**.

Binaural Beats

Binaural means relating to both ears. The “music” created with binaural beats is best experienced with headphones. This is because it delivers a slightly different frequency in each ear. So, if there is a 200 Hz sound in one ear and 210 Hz in the other, the two tones merge, and your brain does the work to create a new perceived frequency. You hear a manufactured tone that is not really there. Your brain does the therapeutic work to create the tone and is then compelled to synch to it, which creates a different brain state. The binaural beat music is specifically designed to create different therapeutic brain states.

I have found binaural beat recordings to have a calming effect, especially when feeling sad. According to [medicalnewstoday.com](https://www.medicalnewstoday.com), proponents of binaural beat therapy suggest that the potential benefits include:

- reduced stress and anxiety
- increased focus, concentration, and motivation
- improved confidence
- better long-term memory
- deeper meditation
- enhanced psychomotor performance and mood

Research:

<https://www.medicalnewstoday.com/articles/320019#benef>

Sample Music:

<https://www.youtube.com/watch?v=4pHI5MIDgps>

You can find more binaural beat music on YouTube. Headphones are recommended.

Meditation

It’s not the first time you’ve heard this. If you don’t already meditate, please release anything that you’ve heard about postures, length of time and any other restrictions. It’s called a practice because it is the process of doing it regularly. The benefits are profound and yet subtle. There is so much information available on meditation, I can leave it to you to discover. At least give it a try. It has so many emotional and physical benefits.

Guided meditations are a good place to start. There are many free and paid downloadable apps for your phone. Or, you can just search for guided meditations on Google or YouTube. You can even search for guided meditations for grieving.

One of my favorite guided meditation channels has soothing 10-minute meditations:

<https://www.youtube.com/channel/UCN4vyryy6O4GIIxcXTluZQQ>

Heart / Brain Coherence

Of all of my practices, this one served to be the most profound one for my well-being before and after Wade died. It comes from the Institute of Heart Math www.heartmath.org. It involves achieving heart-brain coherence. I wrote about how I did this and what happened in my book, *This is Grief*.

The science and the practice are beautifully demonstrated by Author and Scientist Gregg Braden. Here's a link to his explanation and guidance on the simple but profound practice: <https://youtu.be/2nsm8SCWjic>.
(www.heartmath.org)

Emotional Freedom Tapping (EFT)

I discovered EFT long ago. It is a technique for immediate stress reduction and, when practiced, can result in healing emotions. The process is adaptable to any stressor, including grief and anxiety. There are many practitioners if you feel you would like to be coached, but it's not necessary. Find more here: <https://www.thetappingsolution.com/what-is-eft-tapping/>.

Shamanic Drumming



I have taken up djembe drumming. I find this new challenge fun and therapeutic. I got engrossed when I took a free class from Rhythm Bliss <https://www.rhythmbliss.com/> (no drum required, but after I subscribed to lessons I purchased one).

According to We Spark, Cancer Support Center, "Recent research indicates that drumming accelerates physical healing, boosts the immune system, produces feelings of well-being, and helps release emotional trauma. Drumming also induces deep relaxation, lowers blood pressure, and reduces stress." <https://wespark.org/drum-circle-healing-effects/>

In his book, *Shamanism: The Neural Ecology of Consciousness and Healing*, Michael Winkelman explains how "drumming synchronizes the frontal and lower areas of the brain, integrating nonverbal information from lower brain structures into the frontal cortex, producing feelings of insight, understanding, integration, certainty, conviction, and truth, which surpass ordinary understandings and tend to persist long after the experience." <https://medium.com/swlh/this-is-your-brain-on-drumming-8ed6eaf314c4>

I also find just listening is soothing and grounding. This is my favorite one. <https://www.youtube.com/watch?v=ivCORc1HWxl>

Natural Remedies

Always consult your physician first. My naturopath came to my rescue with a Bach Flower Remedy for grief, and it helped me tremendously. It is from natural sources and works without interfering with any drugs, but please consult your physician. Over-the-counter Rescue Remedy is helpful. I also found [Calm-Pro chewable tablets](#).

Books

There are many grief books in addition to *This is Grief*. Many of them are written by therapists. The one I found most valuable was *The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith* by John W. James and Russell Friedman. You can find it on [Amazon.com](#). This is where I learned that my first experience with grief influenced all my subsequent experiences.

There are grief recovery counselors who are educated in the process. It differs somewhat from typical counseling. You can find more information here: <https://www.griefrecoverymethod.com/>.

My Facebook Groups

There are so many people who are going through experiences like yours. Help me create a larger community with my book page.

My Book Page: This is Grief Book <https://www.facebook.com/This-is-Grief-Book-101759885563755>

Do you have friends and families who don't understand? Direct them to my Friends of Grievers Group Page. Let me help them understand what it's like for you.

My Friends of Grievers Group Page <https://www.facebook.com/groups/3970751063017870>

Counseling

If you need to find resources for yourself, here are a few.

<https://www.mentalhealth.gov/get-help/immediate-help>

<https://www.nami.org/help>

<https://www.griefrecoverymethod.com/>.