

# Healing Guidelines

- Allow yourself to go through the complete grieving process
- Acknowledge your anger, fear, and anxiety. It is all part of grieving.
- Try not to blame yourself for your child's death. Guilt and blame will not bring your child back and only make your pain worse. Know that you cannot control all the events in life. There is a higher force at play.
- Communicate your hurt and pain with your spouse and other family members or friends. The longer you isolate yourself, the longer you feel empty. Force yourself to seek a therapist, if necessary or support group of parents who have gone through a similar situation.
- Help other children in the family to express their feelings. Talk to them in the evening or at a time when they will be open to expressing themselves. Maybe they would like to write a poem or do a drawing as a memorial to their brother or sister.
- Be tolerant of your friends and relatives. They are grieving, too, and may not be sure how to behave in this situation. They will probably look to you to understand how to react and cope.
- Perhaps you can write a prayer or a poem, or pick out the music for the funeral or memorial service. This is a wonderful way to express your undying love for your child.
- Keep healthy. Make sure you eat adequately. Exercise by taking walks. If you have trouble sleeping, listen to a meditation tape or some relaxing music. A calming herbal tea can aid in relaxation, too.
- Communicate with your deceased child through thoughts, dreams, words, or pictures. Remember, your child hears your thoughts and feels all your love and pain in the spirit world.
- Begin a journal of your feeling and remembrances of your child. The strength of your memories will comfort you as the years go by.
- When holidays and birthdays come around, do something to celebrate them. Express your feelings. Try not to wallow in what could have been. Instead, try to see your child growing and learning in the spirit world.
- Do not begin to compare your other children to the deceased child. Each child is unique and special.
- Do not rush to remove your child's belongings or to change his or her room. There will be plenty of time to do this later when you are feeling more in control.

- Begin to explore the spiritual side of life. Open your thinking to the big picture of life. Prayers of an uplifting nature are always helpful for both you and your deceased child. Perhaps you can learn new ideas that are positive in nature about life and the Universal mind.
- If someone else was responsible for the death of your child, please find forgiveness in your heart. What you give out will come back to you. One never knows the karmic balance that was part of the situation. Try not to judge others harshly. Remember that love always begets more love.
- Celebrate the child's life. Perhaps you are drawn to participate in a cause or charity that helps children. Perhaps you have the means to form a scholarship fund to help other children. Your contribution in society is a legacy to your child.
- Try something new in your life that you have always wanted to do.
- Acknowledge how strong and powerful you really are, and channel that strength in bringing back some normalcy to your life.
- Rest assured that you will get through this experience.
- Realize that you will be united with your child when it is your time to go home to heaven. Love is the bridge while you are on the earth.

