

# Joyful Riches Beyond Grief

Helping You Transform Your Tears into Great Success & Joyful Living

## BEYOND THRIVING: SHORTCUTS TO SUCCESS

Thrive and Success.

Everybody wants to, most are only surviving.

The goal is for you to easily Thrive moment to moment regardless of what's going on in your life, regardless of what's going on in the world. That every day is a successful day.

How?

The answer is in... **THE 5-FINGERS METHOD DAILY PRACTICE**

Your thumbs

What does a two-thumbs awesome up day look like? Start your day with this image in mind.

What in your life is two-thumbs up? Write down at least 3 things you are grateful for at the moment.

Your 2<sup>nd</sup> finger: Your Pointer Finger

Point out what you need to do today to create the two-thumbs up day you want and do it NOW.

Push your **internal pause button** when ever overwhelm, worry, doubt, fear...sneaks up on you

Your 3<sup>rd</sup> finger: Your Middle Finger

You know what this one is for... ☺.

So go ahead...drop your F-bomb and say NO to stuff not serving you so you stay Fabulous.

And here's another F-bomb: Forgive. It has nothing to do with agreeing or approving. It is letting go of your imprisoning wish that things had happened differently, so you are free to move forward. Let go stuff that not worth the increase in your blood pressure.

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Your 4<sup>th</sup> finger: Your Ring Finger.

a.k.a. the Love Finger for L.O.L:

Love Out Loud and Laugh Out Loud

Studies show that laughter is beneficial for your emotional and physical health.

And love makes you feel better and calmer. So share your love and laughter with your best friends and with strangers; you'll both feel better. ☺

And remember to take care of yourself. Self-love is serving, not selfish. Put on your own oxygen mask first.

Your 5<sup>th</sup> finger: Your Little Finger

Appreciate and clean up the little things.

Who can you express your appreciation to, today?

What 1 little dissonance can you clean up today? Scoop while the pile is small.

Last but not least: "*Beautiful are those with IMperfection*" (Birgitte Tan).

Endeavor, while willing to be like your hand and my hand: beautifully Imperfect.

But what if...the tsunami of changes swept you off and thrown you into the abyss of life? The answer is in the next page...

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## THE 7 MYTHS OF GRIEF

Did you take Grief 101 in college? Most schools and colleges do not teach their students on what to do when they are grieving so that they can recover from their grief completely and effortlessly. Most of us learned how to deal with grief watching and listening to other people around us. The problem is, most people in our society don't know how to navigate grief effectively either.

Most people believe that doing one or more of the 7 practices this article discuss will help us recover from our grief fully and quickly. Unfortunately, in most case these 7 practices cause more pain and delay our recovery from grief.

### **Grief myth # 1: It's not really grief if it's not death or divorce or other huge loss.**

This is very saddening as we are telling people who are grieving from other causes that they don't deserve to grieve, making them suffer in silence. While in truth, **grief is the unsettling feelings caused by a change in our familiar pattern.** The Grief Recovery Institute identifies more than 40 causes of grief, which includes retirement, moving, getting marriage, financial change (positive or negative), major health changes, loss of safety (such as community shooting, fire evacuation), and many others. It is important for us to recognize when we or someone we care about are grieving, so we can address it and recover from it completely. Why do we need to completely recover from our grief? It is because grief is like hot lava burning inside of us. Left unresolved, grief will seep into many aspects of our life and even cause us to "explode" inappropriately, in addition robbing our peace of mind and joy. We want to recognize when we are grieving and address it properly.

### **Grief myth # 2: Grieve alone.**

Have you ever heard the saying: "Laugh and the whole world laughs with you, cry and you cry alone." Or perhaps you have noticed that when someone is sad and crying, other people tend to leave her alone or tell others to "give her some space." It is sad that many of us think they have to be alone, thus feeling even lonelier and even more isolated, when they can benefit from loving support the most.

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## **THE 7 MYTHS OF GRIEF**

Continued

### **Grief myth # 3: Don't feel bad.**

As a veterinarian-oncologist, I have many clients who started crying during the initial consultation, and almost as many who apologize for crying. Many said "I'm so sorry, I tried to not get emotional and cry, so sorry I am such a wimp and cry with you here." It is very saddening for me to hear this. Their beloved pet just got a malignant cancer diagnosis and they feel they should not be sad, scared, upset, and cry? It is sad that we often feel that we should not feel bad, that we do not deserve to grieve, because that is the message we receive from our society's when we were growing up: "No need to cry, he's getting the best treatment" or "Well, at least he's no longer suffering from the illness" or "Don't feel bad, you should be grateful you still have..." or "Don't feel bad, we'll get you another dog." And this lead us to the 4<sup>th</sup> common but often harmful practice when we are grieving.

### **Grief myth # 4: Replace the loss.**

My well-meaning friend gave me a hug and said "Don't worry your husband's leaving, you'll find a guy soon, there's plenty of fish in the sea." I didn't know I was married to a fish! She continued "Just let him go, it's not worth fighting for. You know I had been married 3 times, it gets easier to just replace them than wasting your time and energy trying to work things out." Swiftly replacing someone while our wound is still bleeding can cause multiple problems. First, we are not allowing ourselves time to heal; the replacement helps keep us distracted from our pain, but not helping us clear the hot lava inside of us. Secondly, we often end up cheating ourselves and the replacement the full opportunity for a wonderful relationship because we start our new relationship on a broken ground. Finally, some of us end up feeling guilty from not being able to be fully present and joyful with our replacement, thus corroding even more peace of mind and joy from ourselves.

\*Source: The Grief Recovery Handbook, 20<sup>th</sup> anniversary expanded edition, 2017.

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### **Grief myth # 5: Time will heal your grief.**

If our legs were completely broken, we don't just go sit in the couch and expect our legs to heal on their own. Yet, that is what many of us expect to happen when our hearts are broken, and wonder why many months or even years later we are still grieving. Just like with broken legs, we need to seek and receive the appropriate help for our broken heart for it to recover completely.

### **Grief myth # 6: Be strong for others.**

In my oncology practice, I often hear a spouse or a friend saying to my clients: "Don't let the child / the dog / the...see you cry, you'll upset them too. The first problem with trying to be strong for others when our heart own heart is bleeding is it does not allow us to grieve the way we need to. We end up trying to push away the hot lava in us and thus delay our ability to recover from it and potentially create more damage from it. The other problem from trying to be strong for others is it can cause subconscious resentment to the person we tried to be strong for.

### **Grief myth # 7: Staying busy.**

Do you keep on running if one of your legs were broken, hoping that it would reunite on its own and fixed itself? Most likely, you would go to a doctor to have surgery and then physical therapy. When we are grieving, our hearts have been broken. Have you ever come home after a gathering with well-meaning friends just to feel your sadness even more? Or perhaps you ran around all day and when it was time to go to sleep, you couldn't sleep because you were exhausted and in even more pain emotionally? Staying busy might temporarily numb us from our emotional pain, but it will not help us heal and can actually delay our recovery from our grief, just like if we kept running on a broken leg.

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Continued

As you may see by now, these myths on how to deal with grief when it strikes us can create more damage than good. Please share these tips with your loved ones; they too, deserve to be able to easily thrive in any circumstance. I hope the awareness you gain from reading this article helps you and/or your loved one move through and beyond your grief with more ease.

*From my heart to yours,*

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Check out my newest book: "[Seeking Peace: The Proven 5-Fingers Method to THRIVE Through Change Effortlessly.](http://SeekingPeaceBook.com)" ([SeekingPeaceBook.com](http://SeekingPeaceBook.com))

"Every adversity, every failure, every heartbreak, carries with it the seed of an equal or greater benefit." – Napoleon Hill

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