

free to grieve

a short guide for the loss you're experiencing

Grief and Ground was created for people who are grieving someone or something. When we experience a loss, it feels like our gravity was taken from us. It can feel like we will never get our landing back. Grief can cause us to feel a profound sense of ungroundedness, mentally and physically. I wanted to create a space that would allow me to hold your grief with you, whether your experience with grief started today or years ago. Your grief is welcome here.

I'm Emmy. This space exists because of my daughter's brief existence. Esti was stillborn in 2024 when I was 29. Ever since, I realized slowly that my grief was asking me to pay attention to it. I discovered grief is an emotion in the body, not only the mind.

Almost a year after Esti was born, my ground became the gym, despite not ever walking into one before this. It was a space that held me in a way that was needed.

Movement got me curious about grief that gets stuck in the body because often, life doesn't allow us space to pay attention to our grief. In different ancient wisdom knowledge, it is common for grief and sadness to get stuck, and it can interfere with our body's balance.

So here, we work with breath, movement, and the frameworks of Traditional Chinese Medicine and Ayurveda. This guide is a small piece of that work, offered to you as a starting place.

Disclaimer: This resource isn't meant to replace professional care.

before you begin

you have permission

Some losses come with a funeral, bereavement leave, sympathy cards. Some losses don't come with a ritual, time to take for yourself, cards. Both experiences may leave us wondering how to live on with our grief. Grief may speak a different language than we were ever used to. It takes us through a passage we never asked to be taken through.

Grief deserves permission to exist.

I came here to give you permission to grieve, in case you or your world hasn't. It's not possible for you to do it wrong.

Find a place where you won't be interrupted. Then turn the page.

explore

where does it live

Grief is a flowing thing.

Grief can also get stuck if we live on as if it weren't there.

Each of us has deep wisdom. We can turn to that wisdom to find out how we can invite our grieving process in.

Settle into your seat. Take three slow breaths.

Gently bring your loss to mind.

Scan slowly from the top of your head through your body. Is there a place or places where you feel tightness, heaviness, hollow?

It is okay to keep that sensation there instead of trying to push it away.

Some days, it's somewhere different. Notice where it may be living today, and carry that place with you into the next part.

soften

a breath

Grief is held in the body, even after the mind has moved on to the next task.

Grief so often gets braced against, held in our body.

This invitation isn't about releasing it all at once, rather I want us to inform our bodies it's allowed to grieve, allowed to move.

The following doesn't have to be perfect, listen to your body fully rather than following my guide fully.

I have the lungs and heart areas in this guide as in some practices, the lungs and heart are associated with held grief.

Take a generous inhale, beginning down by the belly. Expand the belly as the inhale begins.

Move the inhale up toward the lungs. Visualize the lungs expanding.

Then move the inhale up toward the heart. Let the heart feel expanded with the breath.

Stay with the inhale as long as needed.

Exhale as long as needed.

Repeat as needed.

Notice whether the place you noted in the stage 'explore' feels different or the same. Either answers are good. If it has changed, even a tiny amount, small is real.

tend

mind the grief

Once the body has softened and has been given space, we are able to witness it more.

Our grief is asking to be witnessed.

Write for as long as you feel you need to. This isn't a homework assignment, rather tending to something that's asking to be tended.

What did this loss take from you?

What have you had to pretend is fine, just to keep functioning?

Who did you become because of your loss, that you didn't choose?

Where do you feel the absence of what you lost the most? In a place, time of day, season, etc.?

If you didn't have to protect anyone from your grief, what would you say?

invite

closing ritual

We just showed up for our grief without needing to resolve it.

Place hand over the place where you noticed grief may be living today.

Think or say to yourself, "I don't have to resolve my grief to honor it.", "my grief is allowed to take space in my life".

Take a slow breath.

It is okay to keep that sensation there instead of trying to push it away.

Picture setting grief down somewhere safe. Not gone (as it is welcome to be here), just not needed to be carried every moment.

Light a candle, or visualize one, letting it symbolize what you're not ready to say out loud yet.

Carrying this with you,

Emmy at Grief and Ground