



*The Spiritual Purpose Of Grief*

REV. MICHELE DEMOULIN, RMT

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When we have experienced great loss, in whatever shape or form, it is often difficult to see beyond the excruciating pain that accompanies it. It reaches deep into the very core of our beings. Everything feels different, and at points, we may feel lost, hopeless, immobile and alone.

Yet, times of grief hold a powerful and life-affirming spiritual gift for us, as well. They are opportunities for us to deepen our sense of connection with Divinity and to transform our lives (with time) in dynamic, resonant and profound ways.

The pain of grief shocks us out of our normal, and generally more limited, patterns of thinking, acting and being. The mental processes and defense mechanisms that usually “run our show” in daily life have less of a hold on us in these poignant times. Thus, Grace – the Love, Presence and influence of Divinity - can impact us more deeply, and if we allow it, we transform.

The Blessed Ones walk especially closely with us when our Hearts are breaking – to comfort and protect us, to help us heal and to open the door for big and positive change in our lives. Our Hearts are “cracked open” through our pain, and Grace can thus enter us more deeply. Every ending also

progressively leads us to the next most beautiful and important step in our lives, and the Blessed Ones will guide us.

When we embrace the increased Divine support, and are willing to let ourselves change, the wounds in our Hearts will also more easily dissolve. We then have the opportunity to go forward in life freer of these blocks and with a deeper spiritual alignment and a happier, healthier Heart. With time and continued healing, our lives will consistently and beautifully transform in response!

Though we may feel alone and lost when we grieve, in actuality, we are cradled even more closely in the arms and Hearts of the Holy Ones. Grieving is a sacred, transformative process, leading us more fully into Truth and Self. There is purpose and Divine presence in all things, and grieving helps us to crystallize what is of greatest value, to slough off the shackles of our own histories, to see ourselves more purely and to go deeper into Love and Light.

*May Divine Love hold you and your  
loved ones close in all times of healing and grief.*

# *Brief Prayer For Healing Grief and Trauma*

Blessed And Beloved Ones, I thank You for the precious gift of Your Love, guidance and support. I welcome You with my softest Heart. I pray that You open me, that I may receive Your blessings deeply and well.

I call upon You, My Beloved Ones, to be strongly with me in this time, to soothe and comfort me, to shield and protect me, to guide me lovingly me through my pain. Rush to me now, Benevolent Ones, and hold me close, that I may feel the warmth of Your deep and steadfast Presence within and around me. I welcome your Grace, your Love, your Light and open to receive all that You hold for me. In this time, and in all times, may I know Your Love.

My Blessed Ones, cleanse the sorrow from my Heart, the fear, the pain, the anger, the shame – all that is false or harmful to me, or to others. Let my Heart be open to Love, Divinity, Beauty, Grace, Light and Truth. Gift me, when I am ready, with breadth of perspective, self-truth, loving support and peace of mind, body, heart and soul. Gently, yet clearly, teach me what I am to learn of this, and help me to grow.

Thank You, my Beloved Ones, for blessing me so.

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is an Interfaith Minister and Reiki Master Teacher who has served lovingly, locally and globally since 1996. She offers life-changing healing, ministry and educational opportunities, working multidimensionally to support the growth of your Heart and your highest overall well-being. Her work and ministry are soulful and heart-centered, subtly, yet deeply, supporting spiritual alignment, physical vitality, mental clarity, healthy relationships and heightened levels of success, fulfillment and joy. She specializes in Illuminated Path, as well as, Soulmates and Sacredness in Love.



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