

Exploring More in Mind-Body Processes

Grief to Peace: Changes Through Time

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PEACE IS POSSIBLE...
LOVE NEVER ENDS...
GRIEF TRANSFORMS...
TIME IS THE DRIVER OF CHANGE.

FEATURE

On the 19th of September 2020 Ernest Rossi, my husband, professional partner, and best friend of 30 years left this mortal world. He died of natural causes and experienced a conscious death. In addition to the complex of emotions and physical responses, I experienced grief. This grief affected me more than any prior loss or sadness in my life as my consciousness was altered into fluctuating quantum trance states while dancing on the spacetime continuum. I utilized established “Rossi” principles as guidelines for developing a satisfying life to transform grief into peace. In the spirit of our life together, I was the “operator” who had a subjective experience and yet, at the same time, I was also the “observer” who would watch, learn, and discover new valuable beginnings. This paper’s interplay between the *observer* and the *operator* is experiential, revealing, revelational, and numinous.

THE BEST AND WORST DAY BOOKENDS OF MY LIFE WITH ERNEST

The first and last day with Ernest are poignant bookends of a life well lived that harbor new beginnings. *How did you two meet?* is a question people like to ask loving couples. I met Ernest at the 1990 Evolution of Psychotherapy Conference while attending his workshop, *The Ultradian Healing Response: Mind-Body Healing in Every Day Life*. His description promised, “*This is not just for your clients, this is for you too.*” I surely needed something powerful that day. I was gutted the evening before by my long-term psychotherapist who managed to recapitulate the greatest traumas of my childhood in one sentence: *I can’t see you—I am dating your ex-boyfriend* (who was her former patient). A window into my early psychological defense mechanisms surfaced like a rocket laced with heavy dissociation ... *this did not happen ... she did not say this to me... everything is still the same...* even though the truth was clear. I stayed up all night knowing that even if I wrote this down, so as to not forget, I would sleepwalk in the night and rip it to shreds like I did as a child. Ernest spoke scientifically on *how time heals* and

offered simple experiential Mirroring Hands techniques (Hill & Rossi, 2017). All I need do was practice these techniques every few hours throughout the day. I did. I healed within two weeks. The effectiveness of these ultradian rhythms of life continue to fascinate and heal (Lloyd & Rossi, 1992, 2008). It is not merely the passage of time that heals but how to harness it is key to hopeful new beginnings. Fortunately, these rhythms happen 12 times a day - every ~180 minutes - throughout the day and night. We have 84 chances to make positive changes each week and over 1000 through each passing season.

Understanding what constitutes a whole person offers building blocks to create and then re-create a beautiful life as well as a beautiful death. Ernest loved books and wrote 27 (Rossi, 1972/1985/1990, 1986/1993, 1996, 2002, 2005, 2007, Rossi & Cheek, 1988, Rossi, Erickson-Klein & Rossi, 2008-2014/2021-2022, Rossi & Rossi, 1996/2022, 2008). Through his last 6 days in our home library Ernest practiced comfort and higher consciousness, as he did all his life. He died with a smile on his face. As I held his warm hand, kissed his warm lips, and ran my fingers through his luxurious hair it was impossible to believe no more breath coursed

through his body or ever would. I watched as his sparkling green eyes clouded over. No longer would our mirror neurons co-create each other. The sounds of silence was deafening. I was deeply satisfied knowing I helped him to live his best life for 30 years, as he did for me. I had no idea how I would live without him but knew somehow we would take that journey together with unfolding Rossi Principles: his, mine, and ours together. The very first day with Ernest opened a joy to be my best self and in his last day he went to a dimension beyond time. I no longer live with his loving presence and beautiful touch but do live with solid truths of science we discovered together.

Natural Grief

Consciousness is a lifeforce we develop and treasure. Grief is an altered state of consciousness. Contained within it are windows to so many other frames of consciousness—or consciousnesses—and the memories that live within them. Can these fluctuations lead to a higher path of consciousness? Can grief be a fear free experience? Linear “thinking” reality frames are the least helpful for transforming grief in that they become circular and insular. I needed a breakout—you could say a *Breakout Heuristic* (Rossi, 2007)— to stimulate uncon-

scious questions and to welcome new realities.

From the quantum perspective, a particle and wave exist at the same time. This idea opens opportunities to encourage multiple simultaneous consciousnesses as new perspectives on perplexing problems evolve and change. Our linear mind cannot fathom two seemingly contradictory events simultaneously, even though we know they coexist in subjective experience and quantum biological cellular energy expressions (Rossi & Rossi, 2011, 2018). Each consciousness and each memory operate with their own individual experience of the dimensions of time and distance. These are linked perceptually as “spacetime,” where time and three-dimensional space are regarded as fused in a four-dimensional continuum. Things take shorter and longer and are bigger and smaller as spacetime overrides consensual clock time and distorts the distance from here to there (Rossi, K., 2021). Experiencing grief is relative in the context of every death. It may be useful to learn applications of the Rossi’s discoveries intermixed with the spacetime continuum (Minkowski, 1908/1920) and in response to Einstein’s Theory of Relativity (Lorentz, Einstein, Minkowski & Weyl, 1952). Time matters. Time has unique relationships to each nuance of memory, and how we reconstruct memory to move through grieving.

Grief Dimensions

Grief is a natural response to loss, particularly to the loss of someone or some living thing that has died, to which a bond or affection was formed (Mughal, Azhar & Siddiqui, 2021). Although conventionally focused on the emotional response to loss, grief necessarily has physical, cognitive, behavioral, social, cultural, spiritual, and philosophical dimensions. All eight of these dimensions need to be embraced to live a satisfying life and to recreate a new one after a loss. Each of these dimensions operates in their own spacetime and clock time as shown in Table 1.

Grief is different from depression. Grief seems to be an emptiness with lots of memories, while depression is a hollow emptiness (Robert Sachs, 2020, 2021, personal communication). Grief is an active mind, flooding with

memories. Depression feels vacant. In some ways, they are opposite reactions to real or perceived loss. A set of grief guidelines created by Elisabeth Kübler-Ross (1969/2014) hypothesized five stages of grief designed for the dying and not for survivors (denial, anger, bargaining, depression, and acceptance). Is the time now ripe to expand healing from grief to include deeper sciences? Only Kübler-Ross’s acceptance applied to my situation. However, acceptance is relative and experienced uniquely on all the 8 embodied grief dimensions. I was deeply sad but never once experienced the psychiatric diagnosis called depression. Why should I, as grief is a normal response to loss and need not be pathological. This motivation to embrace natural and healthy grief lit a fire to create an atlas, a new roadmap to peace.

In grief the overactive mind is fruitless-

| 8 EMBODIED GRIEF DIMENSIONS | HOW TIME HEALS Peace & Hope IQ **Rossi | TIME Spacetime, Clock, Dream, Trance, Time free | ACTION | PROCESS |
|---|---|--|---|---|
| Emotional *Denial *Anger *Depression | "I am alive!" Passion/Shock/Surprise Every emotion has its rightful place | 20 Minutes | MAKE YOUR HEART FREE Mantras words you say and hear Freedom from Fear | What comes next? Observer/Operator Open mind |
| Social | Approach/Avoidance Outgoing/Loner | 90-120 Minutes | Give and receive | Support |
| Cognitive *Bargaining | Linear Mind/Words Focus & "I don't know" Quantum 4th Dimension | 20-90 Minutes | CELEBRATE MEMORIES "Simply Be" Present Moment | Quantum Consciousness(s) NNNE |
| Physical | Brain & Body Neurons Mirror neurons Body Organs | 20-90 Minutes | SIT & ACCEPT It takes time to grow new tissues. | Exercise/Balance Go with nature PsychoSocial Genomics |
| Behavioral | Sleep/Insomnia Hyperactive/Sloth Food: Gorge/Deny | 90-120 Minutes | Recalibrate | Choice Relating Opposition of Opposites |
| Cultural | Old orientations to Grief Fitting in/or not | Season | Find your tribe | Re-engage |
| Spiritual | Questions Comfort | 60-90 Minutes | BE YOUR PURE SELF The answer is within | Non-linear Meditation/ Prayer/Dreams |
| Philosophical *Acceptance | Review & Rework Basic Axioms "Who am I?" | 5-20 Minutes | WELCOME ONENESS New emerging you | Truths Self-soothing New ways to love |

*Elisabeth Kübler-Ross: 5 Stages of Grief

**Rossi: 4-Stage Creative Cycle, Buddha's 4 Noble Truths (Chronobiological, Ultradian Rhythms)

Table 1. Eight embodied grief dimensions across space and time. ©Kathryn Rossi, 2022

ly looking for familiar markers of state-dependent memory, learning, and behavior that are largely absent and so ripe to be relearned and reset. It is akin to a phantom limb pain or tinnitus as both embody an overactive neuronal response to loss (Flor, Nikolajsen & Jensen, 2006). Can transcending from grief to peace be stimulated in the context of nature’s heuristics for healing? Can we gently come to understand and appreciate, again and anew, the spirals of growing consciousness and become a better adapted person living in a newly discovered reality and way of being? While “I will never be the same” is true, a new mantra of “I can be better” may harken peace to return.

Rossi Fundamentals

Ernest Rossi was a profound synthesizer of literature and was insatiably curious. He lived life in the present moment, treasured “not

knowing” as seeds for creativity, and invited the Novelty-Numinosum-Neurogenesis Effect (Rossi, Rossi & Erickson-Klein, 2008), to interact with the underlying biology of life processes and memories. He fostered an open mind. We shared a lifetime belief in the ability for mind-body and body-mind change. According to Ultradian Theory (Rossi & Rossi, 1991/2022, in press) new discoveries are possible every ~90-120 minutes throughout the day and night. Cascades of genes express themselves in new ways, as described in PsychoSocial Genomics (Rossi, 2002, 2004; Rossi, Iannotti, Cozzolino, Castiglione, Cicatelli & Rossi, 2008; Rossi & Rossi, 2008). This stimulates new brain growth and plasticity. Gene expression and brain plasticity are daily expressions of “I am alive!” All of this is embodied in the 4-Stage Creative Cycle which the careful observer/operator monitors while moving forward (Rossi & Rossi, 1996/2022, in press; Hill & Rossi, p.

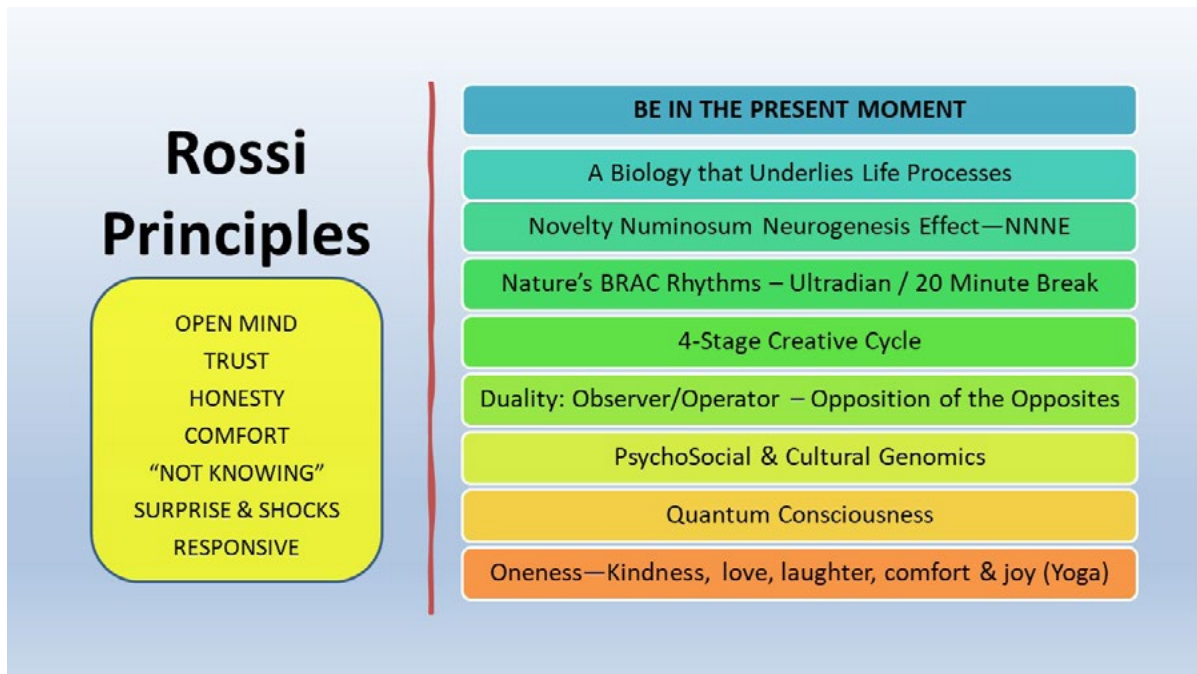


Figure 1: Rossi Principles for transforming grief into peace.

64, Appendix B). In our last decade together, we explored ways the experience of mindful yoga might interface with the deepest levels of hypnotic trance. We discovered surprising pathways of serenity and inner peace (Rossi & Rossi, 2015; Rossi, K. 2017, 2018). My spiritual Kriya Yoga teacher, Sri Prakash Shankar Vyas (Guruji), (Wyder, 2003/2014) offered four time-ly heuristic guidelines to consider as Ernest lay dying and through grief: Make Your Heart Free (6 days prior to passing), Celebrate Ernest (upon passing), Sit and Accept (one week), and Be Your Pure Self (one month after death).

How Time Heals: The 4-Stage Creative Cycle

While conventional folklore would like us to believe that grief lasts for one year, the scientific truth is more complicated, as we simply do not know. Every grief is different. Carnelley studied the time course of grief reactions to spousal

loss and found durations ranging from several years (typical), to a lifetime of daily thinking about one's spouse, but agrees the first year is the most salient (Carnelley, Wortman, Bolger & Burke, 2006). How then will the first year be experienced, practically speaking? Might grief take less than a year, or more? What physical and emotional elements contribute to the time interval? How does one know when grief is complete? It takes time to grow new brain and body tissues, redirect neurons, and come to equanimity. Life experiences, such as grieving, produce pressures mediated through messenger molecules on cell receptors that signal our stem cell genomes to become new neurons and for old neurons and tissues to die (apoptosis; Cozzolino, Ferri, Ferraro, Rotilo, Cecconi & Carri 2006; Tang, Kang, Vanden-Berghe, Vandena-beele & Kroemer, 2019). It takes approximately three to six weeks for a neuron to mature in the adult human brain (Ernst & Frisé, 2015; Vadodaria & Cage, 2014; Ernst, Alkass, Bernard, Salehpour, Perl, Tisdale, Possnert, Druid & Frisé, 2014). Mood, mindset, and behavior-



al change takes longer than neurogenesis as these transformations involve populations of neurons, and their downstream effects on the embodied mind. It is reasonable to add two to three months to the timeframe to connect the brain and body. Conceptually it takes about a season, with the heaviest work done in the first month or so. Thus, one can choose to look at personal changes seasonally rather than daily. Time becomes distorted and undependable in grief. Familiar anchors of spacetime are blurred into everchanging, introspective, and naturalistic trance states that are in constant search of new and adaptive evolution. It is through spacetime searches

duration of an event). Many factors can influence subjective time and lead to mental expansion or compression of objective time. The emotional valence of stimuli or the levels of attention or expectancy are known to modulate subjective time even though objective time is constant. Hypnosis [trance] too is known to alter people's perception of time (Martin, Sackur, Anlló, Niash & Dienes, 2016, p. 1).

A fundamental element of the Rossi's exploration involves the integration of the

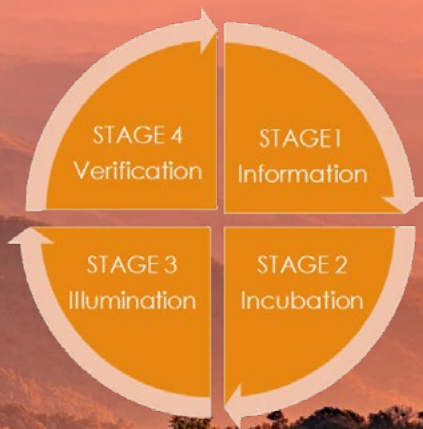
that one becomes recalibrated. As Martin and colleagues put it,

The way we experience and estimate time is subjective and does not systematically correspond to objective time (the physical

4 - Stage

Creative Cycle with trance states. Once one is familiar with these natural chronobiological rhythms, they can effectively be implemented to enhance therapeutic responses.

The Stages range from (1) questions, curiosities, or concerns, (2) working through confusion and complexity, and if all goes well (3) to have a breakthrough moment(s) of clarity, insight, and direction followed by a burst of cre-



ativity based on this breakthrough, before (4) applying this new wisdom into daily life (Rossi & Rossi, 1996/2022, in press). Nature offers opportunities to heal and process problems twelve times a day in these ~90-120-minute increments. Often people come to therapy stuck in the equivalent of Stage Two – the continuing spirals of self and other examination, sometimes deeply frustrated and emotional. It takes courage to let go of fear and journey through the difficult parts of Stage Two. Nature builds a rest in each 90-120-minute ultradian that often lasts for ~20 minutes. The active searching and sometimes painful phase also seem to last ~20 minutes.

Grief is physically and emotionally painful but does not have to be frightening. It is life-giving to understand that pain can be time-limited and modifiable. Just as ultradian rhythms are variable with highs and lows, can one focus attention on the lower end of pain and simply wonder how long it will last? Creative change often results from such vacilla-

tions, in this instance from high to low, before finding a comfortable resolution.

Looking for the absence of pain can be a numinous (fascinating, tremendous, mysterious: Otto, 1923/1950) practice yielding surprising results. Ernest expressed that Milton H. Erickson, MD, (the modern-day father of therapeutic hypnosis) “would have loved you” when I told him how I healed from a slip-and-fall injury experienced years earlier resulting in a serious and painful neck fracture. Every day for nine months I faithfully looked for the absence of pain morning, afternoon, and evening. I knew the truth that if I could experience five minutes without pain, I could then experience a lifetime without pain. I experienced five glorious minutes without pain after nine agonizing months. It took three years more to be completely free of that pain, which has never returned. Could the experience of looking for the absence of pain be applied to grief?

We stimulate the observer/operator response in every psychotherapeutic session through almost every technique whether we realize it or



not. In *Mirroring Hands* (Hill & Rossi, 2017) this polarity is employed to create what Ernest referred to as fail-safe approaches for explorations in healing where both therapist and client can explore freely without limitations or fear of failures. These polarities often are appositions of opposites. The observer simply, uncritically, and impartially observes what is happening in the moment while the operator chooses to act, or not.

Hence, while grieving one can become absorbed in memories, or simply watch them as they pass by. One can listen to inner voices and choose to apply those that offer comfort and strength. Spiritually, one can access the observer/operator that can wisely oversee the parades of the many consciousnesses dancing into a new peaceful life.

Gene expression underlies all new beginnings through the body to create adaptable pathways for living successfully in the present moment. Neuronal pathways are broken down, redirected, or metabolized and eliminated when

no longer relevant. Gene expression cascades are turned on to signal for apoptosis cell death in selected cell groupings as nature's ways of cleaning the healthy embodied mind.

The process of apoptosis accelerated as Ernest's organs began to shut down, as happens in all deaths due to natural causes. As I was attuned to him, especially during his last days, our mirror neurons continued to reflect each other. Because of our close bond, and Ernest's accelerated process of apoptosis, it likely stimulated apoptosis gene expression in me. After Ernest died, at times, I genuinely did not know if I was alive or dead – asleep or awake. I did not know if I dreamed Ernest up in my mind and maybe he never existed in reality? I did not know who I was, where I was, and could not feel my feet on the ground. The only thing I knew in advance was the intensity of this “surreal” experience would not last forever. I held to the confidence that the most intense pain would lift in a month or so and did not fight or fear it.

Focused attention and expectancy are hallmarks of hypnosis and trance. But focusing



one's mind while grieving feels aberrant. One encounters a plurality of frames of consciousness in which to focus. Each has its own dimension of spacetime. As a result, focus is fractured. Grief brings one to their knees, questioning the very philosophical, cultural, and spiritual foundations that once were so solid.

Focusing on a single point, or idea, is a learned skill developed within hypnosis, along spiritual paths of meditation, and through mindful yoga. Yoga offers eight foundational developmental principles to encourage transcendence of union of one's mind into a single focus to live a more satisfying, clear and peaceful life through considering how one can: (1) fit in society, (2) develop personal moral and ethical foundations, (3) take care of one's body to sit comfortably, (4) breathe freely, and (5) turn inward to (6) focus on (7) a single point, and find (8) resolution, contentment and happiness (yama niyama-āsana prāṇāyāma pratyāhāra dhāraṇā dhyāna samādhayo-ṣṭāvaṅgāni, Yoga Sutra 2:29). These guiding yoga mindfulness principles and practices for a satisfying life can operate within each ultradian cycle, underlying both need and comfort to find one's true self to welcome continuing levels of inner focus and higher evolving consciousness.

Make Your Heart Free

Complicated grieving involves prolonged and debilitating symptoms. This is perhaps informed by the re-emergence or persistence of prior unresolved grief (Shear, 2015). Upon reflection of previous griefs, I came to terms with understanding that if you genuinely love someone then you love all of them, not just the parts

you like, and that true love endures. This process involved four principal elements:

- Stay with the pain and confusion long enough for the transformation to occur.
- Gently welcome simplicity over complexity.
- Recognize that once you find true love, it will endure infinitely.
- Open to wholeness and healing. It is life-giving. Welcome being a whole person.

Celebrate Ernest

I had no idea how I would live without Ernest or how I would react to his death. I responded with shock (Rossi, 1973), surprise, and a sense of vertigo. My head continually reeled backwards as if it was being sucked into an unseen black hole behind me. I could not walk or stand safely. No coordination felt available to me. The vertigo sensations were caused not by my inner ear, but my inner mind. I realized that brain neurons were retracting from connections no longer necessary in my daily life, as the "mirror" of Ernest was gone. Nature is kind in the way it allows



us to continually rewire to changing and evolving realities. But the cruelty of losing connection to the life I had known for 30 years

felt unbearable. Time had no meaning. Space had no meaning. The spacetime continuum was both abstract and vivid. I floated. I wondered, "When would my feet touch the ground?" My mirror neurons searched for Ernest, but he was

not there to reflect upon. Internal mind connections were broken. My conscious, unconscious, preconscious, and other quantum minds surrounding the neural networks of my body operated in their own space and time separate from each other. I was destabilized: mind, body, and soul. My inner observer watched with fascination, welcoming the novelty-numinosum-neurogenesis effect and anticipating the opportunity to create a new reality.

Sit and Accept

I simply stayed in the present moment as much as possible to what would come next. To sit and accept the abrupt absence of someone who lives this way is easier conceived than done. My mind could accept Ernest had died but questioned the truth that he would not come home. Peace and comfort were available for at least five minutes of every ultradian cycle. As Ernest would say, "Simply tune in with great sensitivity ... to what happens next?" I followed this guideline to invite the reality of the present moment, no matter how painful, to successfully transcend grief into peace.

The process of grieving within my embodied mind progressed from concentrated neuronal network engrams in my body, from my head, to heart, gut, genitals, and skin. As I came to understand only cognitively that Ernest had died, in turn, the other systems that contribute to consciousness had to writhe in their own reorientation. It was necessary to come to embody acceptance emotionally, socially, physically, behaviorally, culturally, spiritually and philosophically. Each season I tuned in to evaluate my progress and positive change.

Mirror neurons intensely and painfully retracted through migraine headaches before being rebuilt or redirected for one month in my brain. Rebuilding and rearranging neuronal networks takes time. This is a statement of fact, but the experience is subjective.

After one month, I felt a blissful inner peace that dwelled freely for five days. Then it seemed as if neural networks around my heart painfully reared up to vehemently disagree with my mind. My heart hurt physically with angina pain, palpitations, and irregular heartbeat rhythms. It was as if my heart tried to reach out for Ernest's body and would not accept that he was not coming home. I then understood the Cartesian gap between mind and body in a true physical experience. The heart neural network had to create new communications with mind. Tenderly I held my heart in my minds' embrace, rocking gently, and encouraging its own independent conclusions of what was true. Fifteen excruciating days passed before reaching agreement between heart and mind.

Inner peace dwelled freely for two weeks before gut neural networks (enteric brain, primarily vagal, and home to ~200,000 genes), who initially would not take sides in the argument between heart and mind. My gut churned with nausea and pain vehemently disagreeing that Ernest would not come home. Tenderly I soothed my stomach through gentle touch and encouraged its own independent conclusions of what was true. After 10 nauseous "gut wrenching" days, harmony was reached between mind/heart/gut.

Next, inner peace prevailed for a month. I thought I was home free until genitals lit on fire with intense heat, physical pain, and long-

ing. This is when I understood the importance to reach beyond limited concepts of mind-body connections. Of course, it is logical that neural networks surround every organ to feed new information and experiences integrating body with mind.

Skin over my entire body erupted in painful rashes for three excruciating months, as if 100,000s of needles pushed from the inside out. No dermatological cream or medical treatment mitigated the problem. Skin is the largest organ of the body and, of course, mine wanted the cherished 30 years with Ernest's touch to continue. Entire skin sensory signaling, inside and out, needed reworking.

These five neurosensory cascades took nine months to complete. Each center seemingly disagreeing with the other until reaching full and independent acceptance. I participated in daily physical exercise and good nutrition. I met with my Rolf practitioner every 10 days to two weeks to help my body through structural reintegration (Rolf, 1978/1990). This helped me unknot from body tensions and not become stuck in any maladaptive posture resulting from

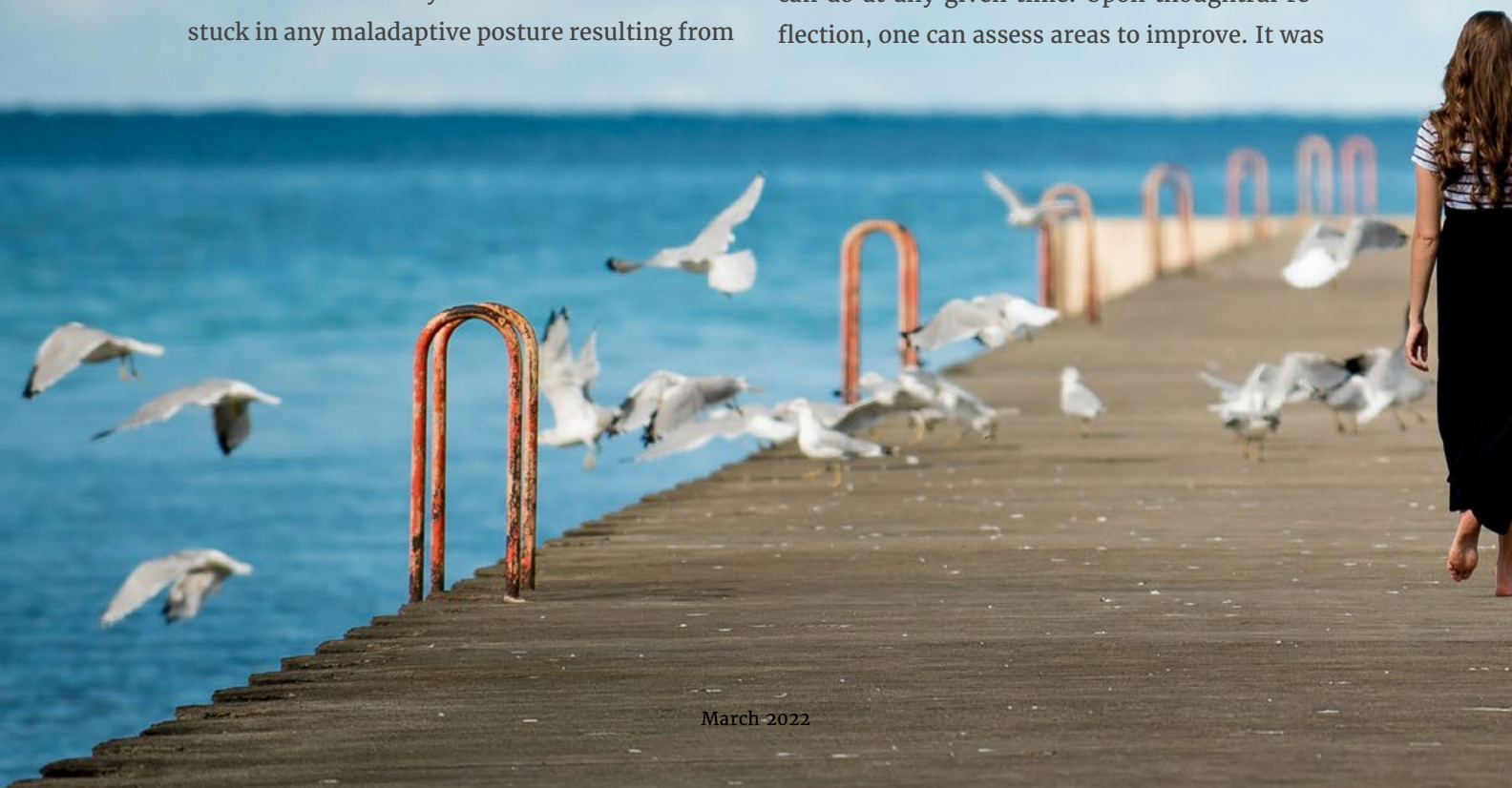
the cascades of neuronal network restructuring and recalibration.

Be Your Pure Self

“Once I love, I will always love—past, present, and future in the present moment.”

Ernest and I frequently said, “Every day we are in kindergarten” as we looked forward to what we would learn next. We shared dreams and early morning thoughts as a daily heuristic to stimulate emerging consciousness. We knew the truth that we are a different person in the evening than in the morning, and different after a night's sleep due to constant growth and newly emerging awareness.

Ernest and I cultivated our shared understanding that happiness lives in the present moment, as does clarity. The past may have joys, regrets, and unsolved issues. The future may be full of hopes and fears. Coming to appreciate one's true and pure self is to realize, more often than not, that one does the best they can do at any given time. Upon thoughtful reflection, one can assess areas to improve. It was



now my turn to find happiness in the moment without Ernest's physical presence while keeping the best of him within me.

Recognizing when grief has lifted is a subjective art. After five months passed, I found most days were relatively peaceful and happy. I had a non-defined "gut" sense that grief was lifting. I knew from time-to-time that future waves of sadness were inevitable. One year and nine days passed when a surprising early morning thought leaped out: "I am bored with my own grief." This clear statement meant I had rehashed the grief situation long enough, and it was no longer fruitful to continue that intense focus. This blessed relief is a satisfying confirmation of "a job well done" to have faced grief directly, head on, and to transform into peaceful living in the present moment.

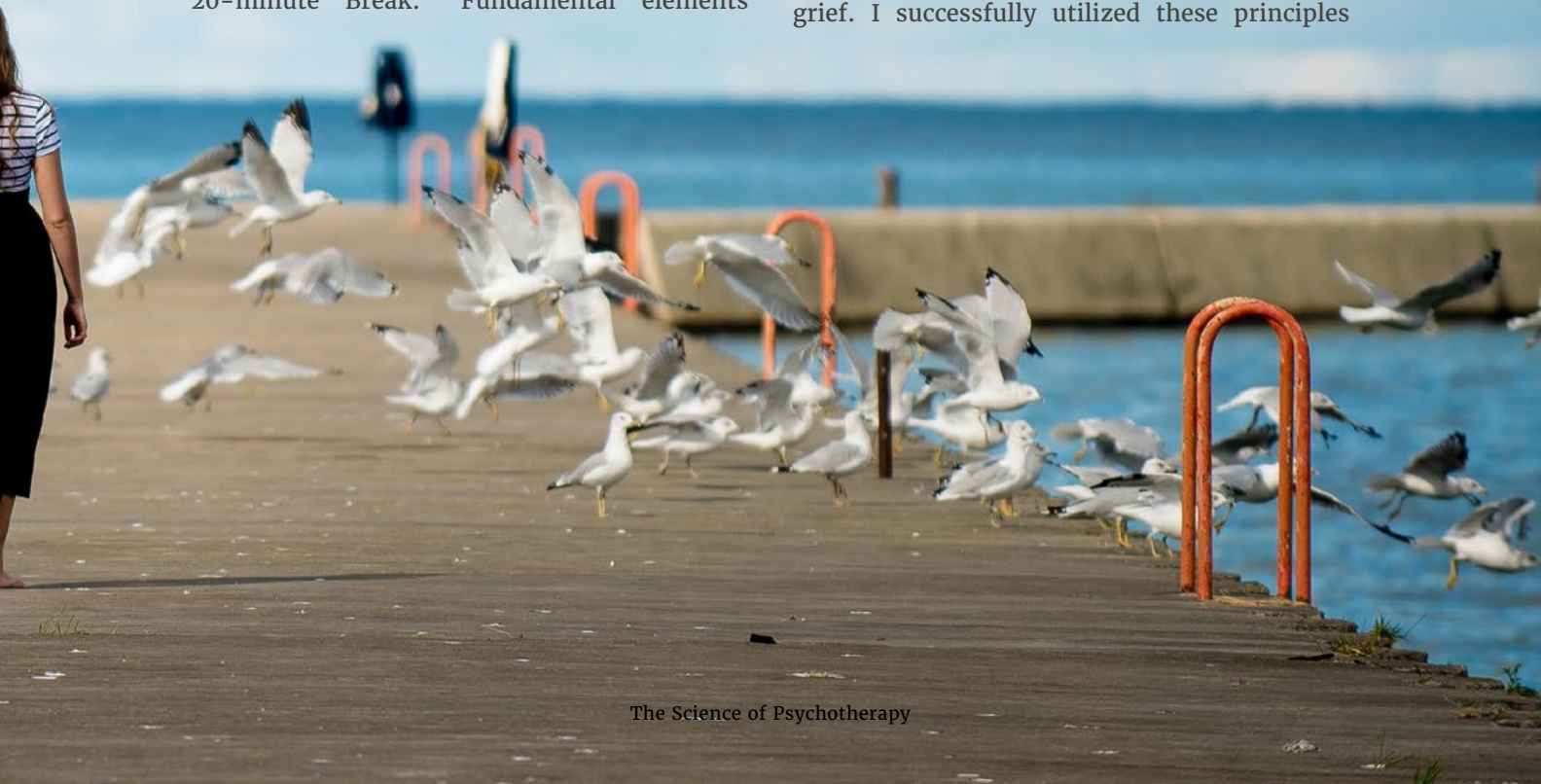
Implications for living a satisfying life

"What is your greatest contribution to the field of psychotherapy?" I asked Ernest in his final days. Without hesitation he replied, "The 20-minute Break." Fundamental elements

of psychotherapy involve integration of the 4-Stage Creative Cycle within natural trance states. Once familiar with these natural chronobiological rhythms, they can effectively be implemented to enhance therapeutic responses. The ~20-minute rest phase is when this integration happens.

Ernest's genius was to understand the duality of problem-solving and its implications. He brilliantly facilitated this duality by suggesting, "While one part of you experiences the problem in one hand ... could another part of you simply observe? ... I wonder what you experience by way of contrast ... could you experience the opposite of your problem in the other hand?" (Rossi & Rossi, 1996/2022, in press; Hill & Rossi, 2017). He came to understand this as an entry point for quantum consciousness where simultaneous internal minds begin the dialogue of discovery.

Through details of this subjective grief experience, and the healthy growth beyond, a pathway is forged upon which clinicians may better prepare clients for loss and facilitate healthy grief. I successfully utilized these principles



to build a new and satisfying life transcending grief into peace. Will I always miss Ernest and wish he were here? Clearly, the answer is yes. But what he gave us all in his lifetime are ways for building a better and satisfying future.

And so, I conclude transforming grief into peace: Be well. Be happy. Celebrate life.

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