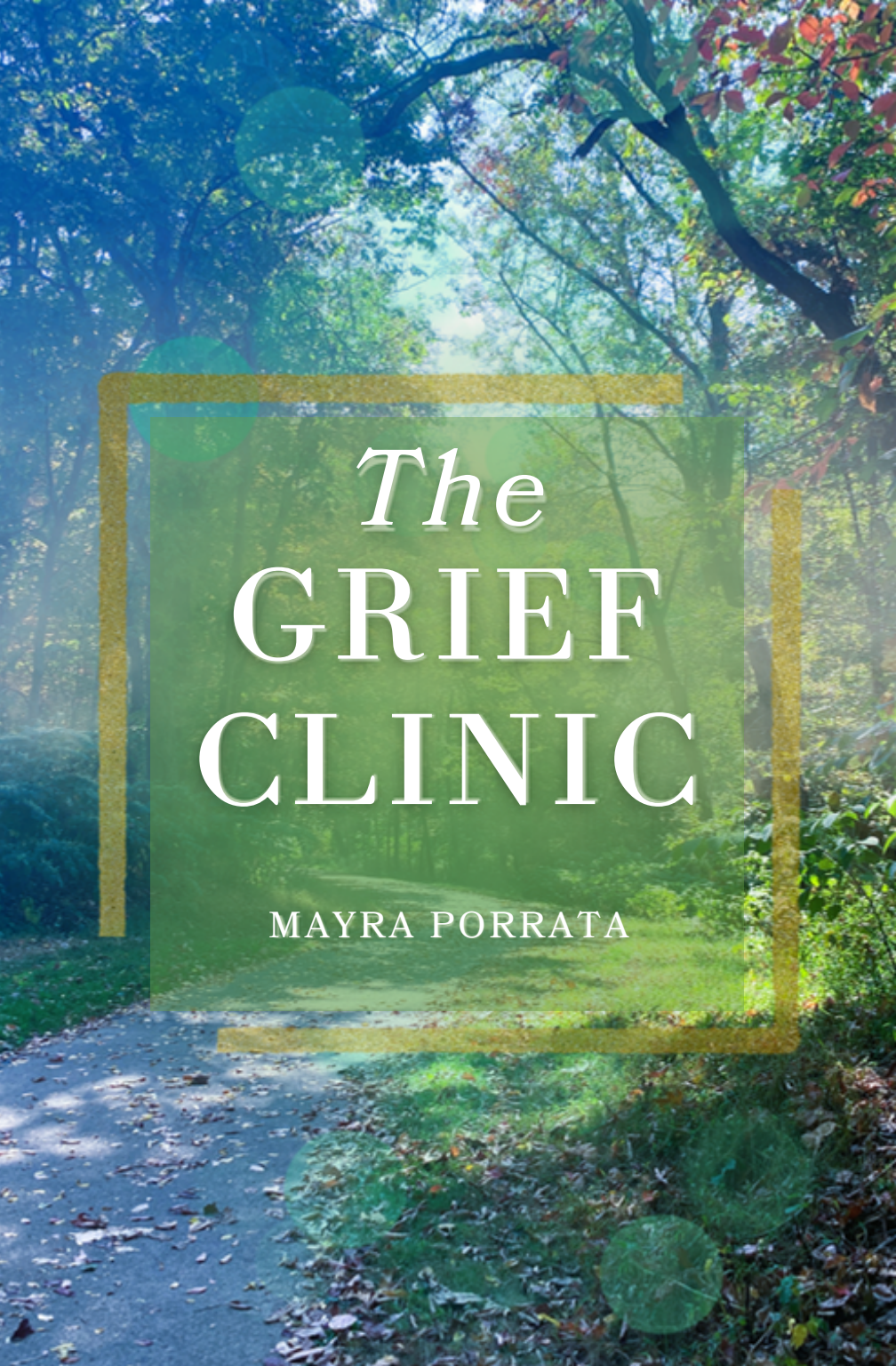


The background is a photograph of a paved path winding through a forest. The path is covered with fallen leaves, and the trees are lush with green foliage. A semi-transparent green rectangular box is centered over the image, framed by a thick, textured gold border. The title text is overlaid on this green box.

The GRIEF CLINIC

MAYRA PORRATA

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COVER PHOTO: Mayra Porrata

Internal Graphics: CANVA PRO

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For my daughters
For my parents
For my family



**Welcome to
THE GRIEF CLINIC**



Everyone is welcomed



Glad you're here

Introduction

Though not all enter, travelers arrive at The Portal of Grieving from any point on the landscape.

Whether they've experienced a shocking trauma, a painful loss, or have circled the landscape without any real insight or relief, all travelers come to its edge before deciding if and when they'll enter.

When they do, travelers are often met by the silent voices of ancestors or fellow travelers who've been through the portal. This unspoken knowing silently comforts and supports each traveler as they connect dots, forgive, gain new insights, and integrate the deeper lessons of life and love. (*From Have you ever been here? Solara Publishing, 2025*)



You are not alone

Beyond the Portal of Grieving lies an expansive and sacred forest graced by towering trees, translucent beings, tender flowers, and both human and animal creatures. The light and air are noticeably different—as if gravity has somehow been suspended and held by a benevolent and divine force.

There are countless directional signs along the main trail. As I stood in awe I asked “*where I am?*” A gentle voice answered: *You’re inside the Grief Clinic – you have come to understand yours and your family’s sorrow.*



You are brave

For decades, perhaps lifetimes, I had grown increasingly frustrated by the struggle and suffering I noticed around me. Reflecting deeply on the reasons for my own hardships and the painful life cards I somehow accepted, provided some obvious clues.

But deeper still, I wanted to understand the nature of family constellations and systems; *why was my father this way? Why was my mother that way? Did I inherit the grief they inherited themselves? How can I be sure I don't transmit this to my precious girls?*

The forest whispered in my ear: *You are here now because you are seeking deeper answers and meaning— you have come to the right place.*



What we resist, persists

For a moment, memories of every betrayal and loss flooded my senses. I could actually feel the density from many lifetimes of sorrow—some my own grief, but also that of my parents, grandparents, and daughters. The magnitude of the burden overcame me. I fell to my knees and cried for a long time.

Feeling other travelers walking around me, I dried my tears, stood up, and walked towards the first trail. As I walked near them, I could hear their questions as if they were my own: *When does resilience emerge in someone who lived a traumatic childhood? Or endured a severe illness? How can I ever forgive? When can I become truly free from the grief of self-betrayal and self-abandonment? Will my grief ever end?*



TRAIL 1:

FOR ALL WHO HAVE A BROKEN HEART

TRAIL 2:

FOR ALL WHO FEEL VICTIMIZED

TRAIL 3:

FOR ALL WHO HAVE CHRONIC PAIN

TRAIL 4:

FOR ALL WHO ARE ANGRY AT LIFE/GOD

TRAIL 5:

FOR ALL WHO'VE LOST A BELOVED PET

TRAIL 6:

FOR ALL WHO ARE GRIEVING
PARENTS OR ANCESTORS

TRAIL 7:

FOR ALL WHO HAVE LOST A CHILD

TRAIL 8:

FOR ALL WHO ARE SWIRLING AND STUCK

TRAIL 9:

FOR ALL WHO FEAR LIFE

TRAIL 10:

FOR ALL WHOSE GRIEF IS UNSPECIFIED

The forest whispered to me: *Whether they come here to explore the conditions that birthed their life limitations or explore the creative possibilities contained within them, each human soul is imbued with an internal GPS of sorts. Travelers arrive here anytime they wish to gain insights to integrate into their lives. Only resistance keeps anyone away. If and when you're ready to go within, you will receive a list of the 10 Grief Clinic trails.*

I'm ready, I stated. A virtual list appeared in my mind's eye.



Then I noticed the sign at the end of the pathway:

EXIT: FOR ALL WHO HAVE FORGIVEN
AND BLESSED THEIR SORROW

I decided to explore each trail- not only to better understand my own ignorance, but also, so that I could understand and forgive those who, without knowing, hurt me.



Heavy burdens need
the most love

Each of the trails had a different feeling but similarly loving energies. As visitors walked through, tiny downloads of light and love merged with their bodies and dissolved dense scars and pain.

My understanding is that the energy adjusts to each person and their specific circumstances, needs, and the depth and age of their grief. All visitors have the opportunity to ask questions and receive answers and direction almost instantly. Many people cry. Many people pray. Many just sit in silence and look up to the sky.



All human beings grieve

For me, every trail revealed memories I had long forgotten, yet Mother Earth never had. Whether aware or not, all human beings not only share a bond with the planet, but share a cosmic anatomy and heritage, too. I was told that grief is just one of the many portals that help us to enlarge our unique self-concept so that we can mature— if and when we so choose.

I noticed that as visitors exited each trail, a small blank piece of paper appeared on their hand. When I received my first one, it was whispered that the '*prescriptions*' would only become visible once I fully exited the Clinic. By the end of my visit, I was holding all 10.



Trust your intuition

As I emerged back on the main pathway I felt different-- as if the energies within the Clinic had somehow dissolved my human pain, but also, everything looked somewhat brighter and lighter.

The forest whispered: *Your spiritual sensors and senses are coming back online. They were suppressed by the density of the grief you have carried. These new senses will equip you to notice things well beyond your physical ones, as well as help you to realize loving solutions and harmonious conditions for your life.*



Trust your heart

I wanted to freeze that moment. I wanted to gather and save all the sweet memories of everything I noticed—the colors, the smells, and sounds, and most importantly how I felt inside my body. I finally felt at-home and at peace.

The forest whispered: *There's no need to freeze anything— connecting with the center of your own being is what allows you to feel the connectedness to all. Your heart is the center that connects your lower realms to the higher ones. If your heart is blocked, your energy and knowing are too. Standing in this sacred forest or anywhere in nature grounds and connects you because it is an extension of you and you of Her. Spend more time in nature and protect Her sanctuaries and resources. When you begin to honor what is real, the unreal will naturally fall away.*



Thank your feelings

I sat down on the warm ground and began crying. Feeling the shame of my own ignorance, I realized how much suffering I had created for myself.

The forest whispered: *When a person doesn't bloom, you must look at the mental and social conditioning— not judge or punish them. Imagine if instead of fearing or shaming others, we actually loved them. Imagine if instead of prisons we had community grief clinics instead. Most people don't realize this, but when they punish others, they are also punishing themselves. Step out of your own polarity and you will realize it is simply a lens and not the reality or totality of who you and others are.*



Thank everyone and
everything that brought you
here today

As I walked towards the exit, I paused to thank the trees.

They whispered: *The earth we stand on is not lesser than the sun or the rain that nourishes our roots. We, and you, are all part of a whole. Give thanks to Mother Nature, to the core of Her being, and to the Source of All That Is, what you call God, not to us.*

When I exited the Clinic, I looked down at the ten pieces of paper in my hand. They had fused into a single one.



THE GRIEF CLINIC
RECOMMENDS THE
FOLLOWING:

- ✓ Trust your heart
- ✓ Remember your superpowers
- ✓ Accept love, allow joy
- ✓ Spend time in and with nature

Repeat daily



Stay grounded - be groovy!



**Thank you for visiting
THE GRIEF CLINIC**

Other works by Mayra Porrata

The Guidebook of Divine Superpowers

MIYUISMS

GRATEFUL | 30-day self-care journal

MINDING THE CAREGIVER & Silent Retreat

Silence is alive (poetry)

Have you ever been here?

Unmasking (biography)

Until it happens to you (poetry)

52 weeks (journal)

Gratitude Yearbooks
(2018, 2019, 2020, 2022, 2023)

My True Feelings

People are like flowers

The Workbook of Human Superpowers

A Nighttime Trip to Planet NUF

Soul Friends

Wake Up Beautiful Girl

Lilly's Life

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