



solara
PUBLISHING

BEYOND GRIEF

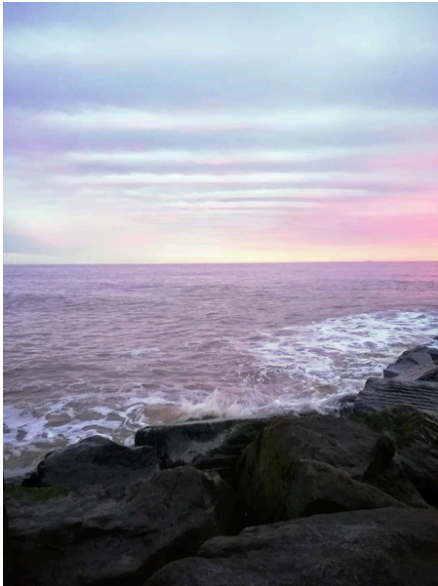
September 2025

ABOUT

Grief is an individual and collective human experience. For each of us grief holds the power to awaken our spirits, deepen our capacity to forgive ourselves and others, and illuminate a path towards personal mastery, regeneration, and peace.

The end of acute grief is not the end of grieving, but 'phase 1' of an initiatory process. With a little know-how and the sincere willingness to surrender to a deeper truth, going beyond grief is possible.

For comments or individual assistance please contact
solarapublishing@gmail.com



CONTENTS

- What's the point of grief? 3
- Where are you in the grieving process? 4
- Acute grief: Phase 1 of grieving 5
- Phase 2: Feeling 6
- How do you know you're done? 7
- Our shared humanity 8

What's the point of grief?

Grief is often seen as an unpleasant and painful process, yet grief also facilitates **deep transformation** and **personal growth**.

Benefits of grieving

Emotional intelligence - Processing grief teaches us our own emotional language. It also trains our nervous system to handle deep emotions with courage and compassion.

Empathy & humanity - While grief stems from loss, it also expands our heart's capacity for empathy and compassion, making one more open to love—not just personal, but universal.

Personal Growth - Loss forces an identity shift, pushing people to evolve beyond their previous self-concept and embrace new roles, perspectives, and the wisdom of their soul.

Reality/depth – Grief strips the illusion of control, as such, it brings us into the awareness of God, our soul-self/innate divinity, and therefore the deeper meaning and purpose of our lives.

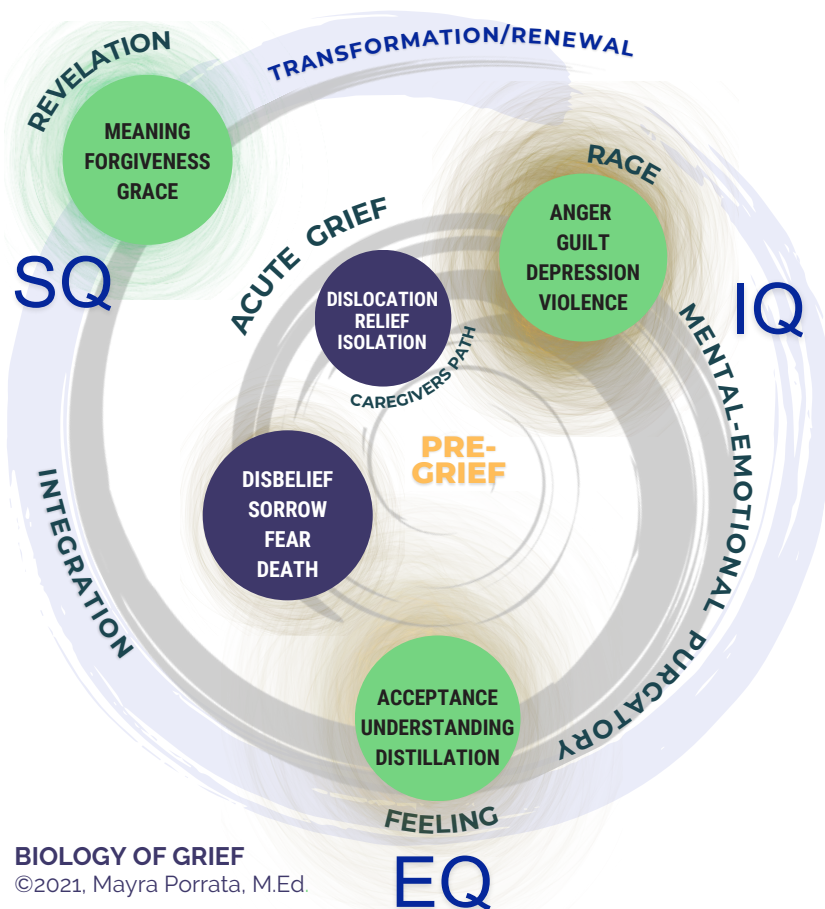
Expanded intelligence - Grief expands our intelligence. It helps people become more attuned to subtle energies, synchronicities, and intuition, increasing their awareness of the unseen, multi-dimensional reality of life.

Where are you in the grieving process?

As a collective experience, grief is so ubiquitous we don't often notice its presence in the lives of our friends, neighbors, or leaders, but grief is the common ocean you and everyone you know must swim through—the passage that awakens us to the shadow aspects of all human life. Embedded in grief's luminous and expansive landscape, we encounter physical, emotional, mental, and energetic (spiritual) phenomena. Chronic irritability and anger? self-righteousness? physical ailments? they're all symptoms of unprocessed grief.

The examination and processing of our grief has nothing to do with morality, but with revealing the inherent goodness (benevolence) and wisdom *already present in you*.

THE EVOLUTIONARY PURPOSE OF GRIEF & GRIEVING



PRE- GRIEF (fear/fear of death)

PHASE 1: Biological/intellectual

- ACUTE GRIEF
- CAREGIVER'S PATH
- RAGING/RESISTING
- MENTAL-EMOTIONAL PURGATORY

PHASE 2: Emotional Intelligence

- FEELING
- INTEGRATING

PHASE 3: Spiritual intelligence

- RENEWAL
- REGENERATION

The end of acute grief is *not* the end of grieving

Acute grief is the intense immediate response to loss. It is often marked by overwhelming waves of sadness, confusion, or even physical pain or discomfort. It can feel all-consuming making it difficult to focus on daily tasks or engage with others. This early stage requires our reasoning and intellectual capacities (IQ) in order to navigate our way through the following:

Physical symptoms – Fatigue, loss of appetite, difficulty sleeping, or even physical pain (like a heavy chest or stomach discomfort).

Intense emotions - Sudden, overwhelming sadness, crying spells, or even moments of anger and despair that come in waves.

Violence towards others - verbal, emotional, psychological or physical abuse and violence towards self or others.

Cognitive fog – Trouble concentrating, forgetfulness, or feeling mentally "disconnected" from reality.

Social withdrawal -- Some people isolate and simply cocoon in order to process their loss.

Phase 2: Feeling

Phase 2 of grieving is the feeling stage-- where our unprocessed emotions and our sorrow must be tended to and where we allow God/God's grace/Holy Spirit to show us and lead us through. When we don't, we're continually triggered and pulled back into the mental-emotional purgatory-- our own swirls.

Over time unresolved grief can resurface in unexpected ways—through chronic irritability, violence towards others, anxiety, depression, heart disease and other physical illnesses, as well as strong emotional reactions to minor triggers—signaling that grieving is incomplete.

Chronic irritability or emotional numbness – The person may either be easily triggered into frustration or appear detached, feeling little joy or sadness.

Persistent physical ailments – Unresolved grief can manifest as headaches, chronic fatigue, body tension, heart disease, or autoimmune flare-ups.

Difficulty forming or maintaining deep relationships – There may be a pattern of avoiding emotional intimacy, fearing loss, or struggling with commitment.

Repetitive or unexplained triggers – Unexpected strong reactions to minor events, like anger, anxiety, or sadness when something unconsciously reminds them of their loss.

How do we know we're done?

In many ways, grief-work is soul work-- the integration of our present human journey with the invisible realm of our divine existence. When people have gone through their grieving process you may notice the following in yourself or others:

- **They're not angry with God/life**
- **Victim patterning is released — they accept/own their loss and are no longer re-living the past or stuck in victimhood.**
- **They're no longer confused about why something happened**
- **They don't talk about the pain or loss, but more so the lessons and insights**
- **They help others while also holding strong boundaries**
- **They have a deep knowing/sense of purpose**
- **They're deeply attuned to God/Spirit, nature, and its systems**

Towards a shared humanity

Everyone you know is grieving something. While it's easy to argue logic, dogma, or beliefs that will never help us through our grieving, in fact, it only keeps us stuck in its swirls.

Reminding ourselves and those we love that they're worthy, benevolent, and capable is the first step in remembering **we are all here for a reason**. When we open our hearts and allow grief's (God's) wisdom to inform us, our lives are changed in ways we can't imagine, but will live into one day.

Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom.

Rumi

Those who have
successfully navigated
grief's terrain know that it
doesn't respond to
intellectual arguments or
reason-- its single
requirement is that it be
felt and understood.