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BEYOND GRIEF

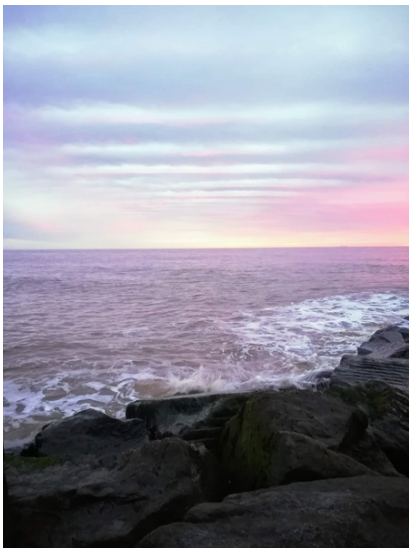
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ABOUT

Grief is an individual and collective human experience. For each of us grief holds the power to awaken new senses, deepen our capacity to forgive ourselves and others, and illuminate a path towards personal mastery 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 and process, going beyond grief is possible.

For comments or collabs please contact:
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What's the point of grief?

Grief is often seen as an unpleasant and painful process, yet grief facilitates **deep self-understanding, personal peace, and personal growth.**

The gifts 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 & evolution - 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.

THE PURPOSE OF GRIEF & GRIEVING



This process is advanced through a commitment to self-awareness and willingness to mature/grow.

Phase 1: Acute grief

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), anxiety.

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.

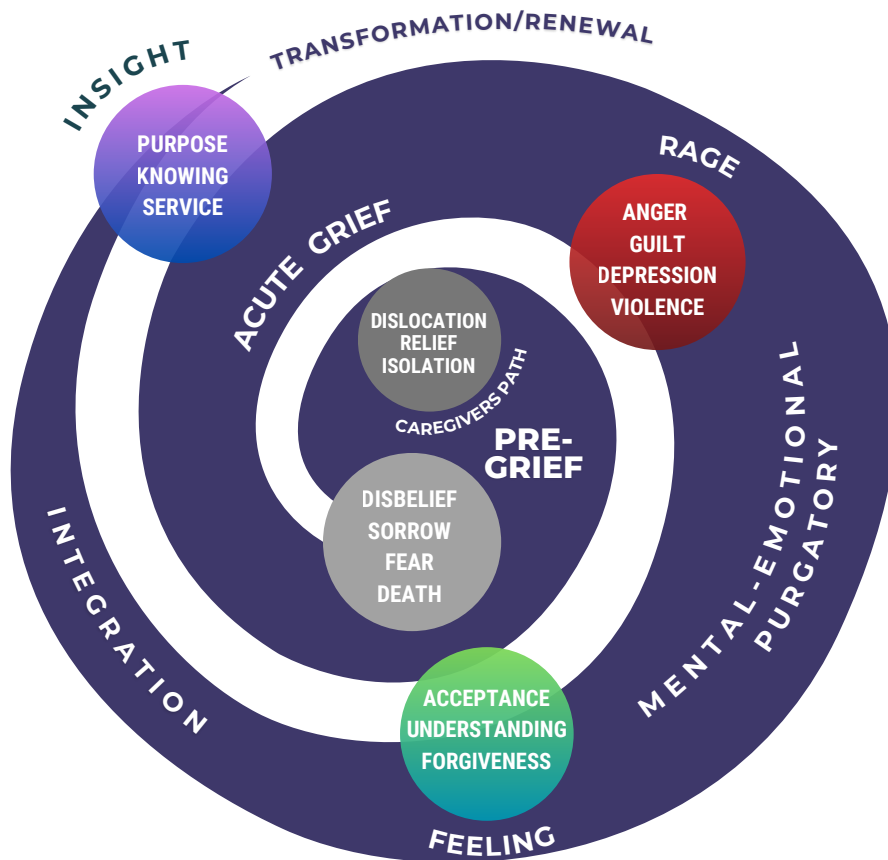
Cognitive fog – Trouble concentrating, forgetfulness, or feeling mentally "disconnected" from our body.

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

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*.



PRE- GRIEF (fear/fear of death)

PHASE 1: GRIEF

Biological/intellectual process

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

PHASE 2: GRACE

Emotional Intelligence

- FEELING
- SENSING
- DISTILLING

PHASE 3: GROWTH

Insight

- PURPOSE
- KNOWING
- SERVICE

Phase 2: Feeling (Grace)

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

Phase 2 of grieving is the feeling stage-- where our unprocessed emotions and everything we've suppressed must be honored. Fundamentally, it's a stage of surrender and grace-- when we allow our soul/Higher Self, God to show us to ourselves.

Symptoms of unprocessed thoughts and emotions (energy)

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 maturation and integration of our unique human personality with our authentic selves. You may notice these mindsets and behaviors in those who have navigated through the grieving process:

- **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 have a balanced ego - they accept and like themselves**
- **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**
- **No matter their background or career, they regard work as sacred service**

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're 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



There is no sorrow
that love cannot heal.

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