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Our Babies Have Halos & Wings
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


Grief Communication Guide to Healing for Bereaving Families



By Elaine J. Dispo-Rendón, Ph.D.

ANAK KO

Our Babies Have Halos & Wings:
Grief Communication Guide to Healing for Bereaving Families


eBook 
links to resources 

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Join our journey toward Heaven to reunite with our loved ones! This guide on our pathway to healing helps parents of babies and animals alike to express themselves in healthy ways. Dr. Elaine Dispo-Rendón, who outlived both of her unborn children and buried her oldest cat within two years, shares her and others' stories. Scripture and journaling also are aimed to guide readers through their grief. Her ANAK KO foundation wishes all bereaving families blessings in pursuing Heavenly reunions.

** Proceeds of your purchase will go toward*
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foundation in memory of children whose families outlived them



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SAMPLE EXCERPT

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~ INTRODUCTION ~

No matter how long or short our time is with our children, it never seems to be long enough if we outlive them. I carried my first baby in my womb then buried her at 11-weeks gestation, and I raised my oldest cat to 14 years. After writing the original manuscript of this book, I found out that I was pregnant for the second time, only to miscarry shortly thereafter. To me, losing a child is the worst experience that a parent would ever have to go through because our life's timeline sequence is expected to have our kids outlive and bury us, and if we also have pets, then the death of an animal companion is painful to endure. However, these circumstances are beyond our control and according to a plan by a higher power. My story and others shared here are intended to help reveal how we dealt with our losses in order to always remember our loved ones with *happiness* and to *heal*. All of the content here is meant to guide those who've lost a loved one to *grieve* with *grace* – which, for this book, is defined in these contexts:

- ❖ **grieve, mourn** or **bereave**: to cope, handle or manage the loss of someone or something important – with the goal focused on *healing*
- ❖ **grace**: GOD-given gifts of *time, talent* and *treasure*, associated with *happiness* and *honor* – as in *honoring* the loved one who we lost

After this **Intro**, this book is divided into three parts: ~*t~Faith~t~*, ~*~*Hope~*~* and ~♥~*Love~♥~* – from Saint Paul’s First Letter to the Corinthians, which my spiritual mentor, **Bishop Michael D. Pfeifer, OMI**, Bishop Emeritus of the Diocese of San Angelo, chose to be read at my wedding, and how my husband and I lead our marriage and legacy:

“*And now these three remain: faith, hope and love. But the greatest of these is love.*” ~
1 Corinthians 13:13 (New International Version)

To get the most out of this interactive guide with intention to help you heal:

- ✓ check out the **communication** and **emotion** basics here in this **Intro** – of how we exchange information and express our feelings, respectively



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- ✓ follow the **Angel Activities** writing prompts in each chapter, opening with *Angel Numbers*, also known as *Divine Interventions*, and closing with *Angel Acts*
- ✓ review the *Appendices* for inspiration

Within the chapters, I also mention stories, both of how others (marked with an asterisk, "*" – to denote that their names have been changed to protect their identities and privacy) and I dealt with our grief and embarked on the path toward healing. Although we're not expected to have the same religion to read this book, I recommend that you believe in a universe where everything happens for a reason, and everyone crosses our path during a season, including our angel children and animals, to whom I dedicate my foundation. **ANAK KO** ("my child" in Filipino) – an acronym for *Angel Nevaeh Always Kailanman* ("forever" in Filipino) *Kisses Onward* – is our nonprofit organization, named after my first unborn baby. Some references to *rainbows* will be made, including the terms **rainbow baby**, one who's born after a pregnancy or infant loss, and **rainbow bridge**, where animals cross from death to the afterlife. -

We must bear in mind that we may mourn in different ways, and that's absolutely acceptable. However, please don't suffer in silence or resort to self-destruction. Feel free to channel your bereavement by talking to somebody who you trust, or at the very least writing in a journal as an outlet for these emotions. This book is a good starting point to write and be mindful of our journey toward healing together. While this book is written from an angel and a pet parent's perspective, it also may be useful for other family members who are grieving, or a reader who wants to help someone during bereavement. YOU. ARE. NOT. ALONE.

~ Angel Activities ~

Angels, in this book, are the souls of our loved ones who've passed on and now guard and guide us as our:
 *messengers from Heaven*
 *protectors on Earth*

We maintain **communication** with our angels through the messages that they send us, including with the *power of numbers*, as well as through what we say to them, including with *our own writing* that we can offer them.

- ❖ *Divine Interventions/Angel Numbers: At the beginning of each chapter, you'll find out the meanings behind repeated number sequences, in particular, the time of day, but you also can see some of them in dates and prices. Whenever you come across those numbers at those times or on those dates, I encourage you to be reminded of the messages that the angels may convey to you. My husband, **David**, who'll be mentioned many times throughout this book, helped me understand them during our grief for Asia, for whom we still mourn. **Let's consider these numbers as some of the ways that our Angels talk to us.***
- ❖ *Angel Acts: At the end of each chapter, you'll have a question or two to prompt you for a journal entry about how you can heal based on faith, hope and love. May we be blessed as we walk this journey of healing together. **Let's consider these journal entries as some of the ways that we talk to our Angels.***