

# Picking Up the Pieces



*Healing Your Grief*



# Welcome to

## *Healing Your Grief*

### Picking Up the Pieces

I'm so glad you made it! 😊

I know that we're doing this work virtually, but I'd like for you to imagine that you're sitting with me in my living room. I like to think of us as sitting side-by-side. You're my very special and honored guest.

And even though I can't see you right now...I imagine you, my dear, are like many of my clients:

You're over 30. You have children, grandchildren – possibly great grandchildren – and you love your family dearly.

You spread yourself really, really thin taking care of that family.

And you work. You have a career; possibly own your own business.

Or maybe you're now in retirement and wanting to juice every yummy drop out of life that you can get.

Whatever state and stage of life you're in, ***I know that you have suffered greatly in this lifetime.***

You've lost loved ones...

Possibly a spouse or a child or children; parents, siblings, best friends.

Almost all of us have lost a dear and beloved pet.

Or you've been through a divorce – or two. Or you've had a really painful breakup.

Maybe you've experienced major and minor traumas and challenges like accidents or injuries.

Or changes like the empty nest or troublesome children and, well, the challenges of aging.

The list of life experiences goes on and on.

Sound familiar? Yeah?

## You are SOOO n the right place!

And you're in good company with the other members in this group.

These really challenging times can either bring out the best in us or the worst in us.

I believe you're here to participate in this program because you want to heal. You want to be a blessing – and not a curse – in the lives of other people. I believe that the part of you that wants to become the very best version of yourself is winning.

I'm here to give you all the Tools, Love and Coaching that I can.



So, are you ready?

**Let's begin...**

First, do you have a tablet that you can dedicate to journaling and doing the experiments in this course?

We're going to begin by taking a look at where you are in your healing journey.

**Please look at your Grief Inventory and Stress Assessment (GISA).** (That was the handout that you were invited to print out and complete in the welcome aboard email video.)

Do you have it?

If not, you may wanna pause this video and take a moment to get your tablet and the GISA before we start. You can download and print the PDF version of the GISA using the link below:

**[DOWNLOAD THE GISA PDF](#)**



*Let's walk through the*  
**GISA**

As you looked at your grief inventory (maybe for the first time in black-and-white and numbers),

What did you think?

Surprised? Not at all surprised?

Were you surprised by the distress numbers?

And, if you remember, I asked you to calculate some totals:

The first was the sheer **number of painful or traumatic incidents** you've lived through.

The second was to – on a scale of 0-to-10 – assess the **distress you feel when remembering each of those memories**.

And finally, to **total the number of incidents that has a distress level of three (3) or higher**.

*I love doing this exercise before we continue with the program because people are often relieved.*

Let me explain...

The confusion around why you feel exhausted, why you're not excited about life and, why you may be avoiding people starts getting more and more clear once you realize the amount of pain and suffering living in your body.

Sweetheart, you can't keep giving and serving and working and doing everything for everyone and not taking time to heal, restore and rejuvenate yourself.

**That's what this program is all about!**

I'm so happy that you're taking this time for you.

So that there's more of you to go around.

So there's more joy and love and light within you to share with those people you love and serve.

Right?

**Yes**

Will you do me a favor? Will you promise yourself right here and right now that you'll give 100% to this program?

Will you put it on your schedule and make a date with yourself to come and learn and experience the healing?

Let's get you out of being confused, sad or maybe even feeling sorry for yourself...

Every tool I teach in this program is designed to help energize you! I'd love for you to leave this program feeling focused, happy and excited about your life; genuinely grateful for every experience you've ever had as a result of the growth you're going to enjoy.

How does that sound?

I want to take you out of the symptoms of shock and disbelief. Your mind, body and emotions are all over the place, but I'm thrilled and confident that over the course of these five sessions, **you're going to feel so much better.**

You're going to have the confidence that you have the tools and skills to address life head on.

**Are you in?**

I hope so. I sure am.

Okay!



# GRIEF INVENTORY & STRESS ASSESSMENT



DEATHS (including Per Loss)		DIVORCE / ENDED RELATIONSHIP		FAMILY TRAUMA	
Description	SUDs	Description	SUDs	Description	SUDs
Totals:		Totals:		Totals:	

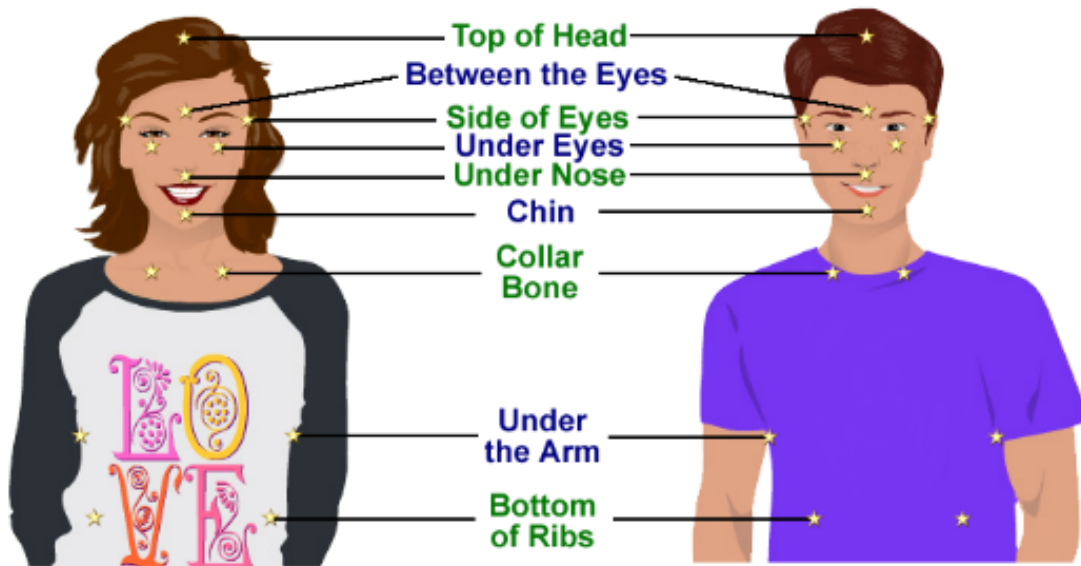
DOCTOR'S DIAGNOSIS		ACCIDENT		OTHER TRAUMA / EVENT	
Description	SUDs	Description	SUDs	Description	SUDs
Totals:		Totals:		Totals:	

# Tapping Points

For The EGO Tamer® (TET) Tapping Technique



Karate Chop Point



## SUBJECTIVE UNITS OF DISTRESS (SUD) SCALE



Courtesy of Jan Luther, The EGO Tamer®

## Touch and Breathe (T.A.B.) Technique

I've chosen these gentle techniques specifically because they are NOT focusing on the incident or trauma.

While we may be eager to dig into the details and heal all the aspects of the horrible experience, if we're in a state of shock and trauma, we're not in our "right mind" and the healing won't stick anyway.

In fact, research is showing that if we jump into the nitty-gritty details too soon, we actually do more harm than good. That approach not only reactivates all the trauma symptoms, it creates NEW fear and trauma memories.

Imagine the story going something like this...

*"And then I went to a therapist who made it worse by making me talk about all the painful details in the very first session. I wasn't ready. We had hardly met. Telling that story and all the awful details did nothing to make it better. I'll never go to therapy again. That was a horrible experience. I guess I'll just be stuck like this for life."*

**EEK!**

We're going to ease into the deeper healing work by healing the aftershock symptoms in your mind, body and spirit.

THEN we can decide if your distress numbers are low enough to work on the full story.

The SUDs numbers will indicate how much panic, fear and resistance are active in your system. If the numbers are above a three (3), you're being affected 24/7 – at least on a subconscious level.

These gentle techniques will soothe, calm and quiet your mind and nervous system so that you can literally begin to uninstall the buttons that are keeping you triggered.

### **First ASSESS yourself.**

How are you feeling? Write out 3-10 words that may describe your energy and emotions and put a SUDs number for each one.

- Nervous
- Agitated
- Sad
- Bored
- Impatient

Is your mind quiet and still or is it ranting?



When the mind is ranting or we're having a panic or grief attack it starts spinning. Your body will feel frantic. And not knowing if this is a life or death situation, it gears up for a battle by activating the FIGHT, FLEE, or FREEZE reactions. *(I hate that feeling of being at the mercy of my EGO mind, don't you?)*

The **T.A.B. Technique** is all about slowing your mind. **Think in terms of tapping on the brakes and coasting to a stop.** Not slamming both feet on the brakes and screeching to a halt.

1. The beauty of this technique *is that it isn't percussive.* When you're highly agitated, panicked or facing a wave or grief, tapping may actually feel painful. We utilize the energetic points without tapping. We use no words. We only focus on holding the head, face and body points (no side of hand or karate chop necessary) and we...B R E A T H E.
  - Anyone of any age can do this.
  - It is fabulous for the elderly, fragile or someone who is ill.
  - This gets the mind quiet; the body begins to relax and the healing can begin.
2. We're telling the brain to "slow your roll" by **changing your focus from the thinking mind to the breathing body.** *(This is not a time to attempt to shift your perception or reframe your story. This technique will shift the energy for you.)*

Using the Tapping Points Chart, slowly, deliberately and intentionally touch each point and take a slow deep breath.

- ✓ Top of Head --- Breathe
- ✓ Between the Eyes --- Breathe
- ✓ Side of the Eyes --- Breathe
- ✓ Under the Eyes --- Breathe
- ✓ Under Nose --- Breathe
- ✓ Chin --- Breathe
- ✓ Collar Bones --- Breathe
- ✓ Under Arm --- Breathe
- ✓ Rib Cage --- Breathe

Repeat this at least three (3) times. You may want to do the first round rapidly and then gradually slow the movement and breathe from point-to-point so that the last round allows you to breathe in and out to a count of six (6) or more.

Do this when you're driving.

When you're on the way to a meeting or presentation

Before you greet family or friends.

The **T.A.B. Technique** is a deceptively simple tool that can work magic for your healing process.

**Reassess:**

How are you feeling?

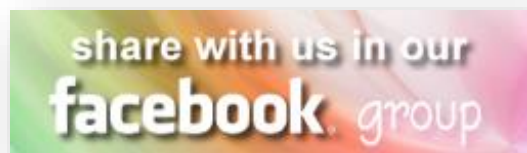
Review the 3-10 words you wrote.

What is the SUDs number for each one now?

Is your mind quieter?

**Return & Report (Sharing time!)**

After trying this on your own, return to the membership group and share your insights, questions and celebrations so that we can cheer you on!



<https://www.facebook.com/groups/healingyourgriefmembership/>

## **Tapping to Set Your Intentions**

This is less of a technique and more of an affirmative tapping.

The objective is to decide HOW you want to experience this class, this course, your work day, etc., and profess and proclaim it while tapping to anchor the energy into your being.

I mentioned that I stumbled onto the idea before a speaking gig and found it so soothing and heart-opening that I actually LED the group through the same process before I began teaching. Way-cool!

Like the **T.A.B. Technique**, this process is super simple and anyone can do it at any time. It's all about making declarative statements while tapping and breathing at each point.

We begin by using the side of hand and karate point because this process *IS* intended to shift out of resistance and into the positive.

**First, assess how you're feeling:**

Where is your mind focusing?

What are you fearing, dreading or being distracted by?

Use the SUDs number to score the distress and level of distraction.

- ✓ Karate Chop: Even though I have so much going on, I deeply and completely love and accept that I am choosing to quiet my mind and be present with my body right where I am, right now.

Deep Breath.

- ✓ Karate Chop: Even though maybe I've had a rough day or maybe I have so much to do or maybe I just really feel resistant to doing what comes next...I deeply and completely love and honor that I can't be in two places at one time. I'm choosing to focus on whoever and whatever is right in front of me right now.

Deep Breath.

- ✓ Karate Chop: Even though I may feel nervous, bored, agitated, upset (spew out your words here), I'm allowing myself to set all of those fleeting and festering feelings aside so that I can make the most of this very moment.

Deep Breath.

- ✓ Top of Head--- Mind...be here now! *Breathe*
- ✓ Between the Eyes --- Body, you are safe! *Breathe*
- ✓ Side of the Eyes --- Looking for the beauty of being present right here, right now. *Breathe*
- ✓ Under the Eyes --- Looking around me right now to see where I am, who is here, finding a reason to stay focused. *Breathe*
- ✓ Under the Nose --- Focusing on my breath. *Breathe*
- ✓ Chin --- Releasing fear and self-judgement. *Breathe*
- ✓ Collar Bones --- Honoring that if I miss this moment, I will never get it back again. *Breathe*
- ✓ Under Arm --- Allowing myself to be still and quiet. *Breathe*
- ✓ Rib Cage --- Relaxing into this space and time. *Breathe*

This is a fluid tapping technique. Use whatever words are fitting for you in the moment. You may find it helpful to slowly expand your vision from being right here and now to seeing, sensing, and feeling into appreciation and affirmations.

**Keep the phrases like:**

- ❖ Appreciating my mind and body.
- ❖ How blessed am I?
- ❖ I am grateful for.... (And begin listing everything and anything you can think of!)

### **Reassess After Setting Your Intentions Tapping:**

How are you feeling now?

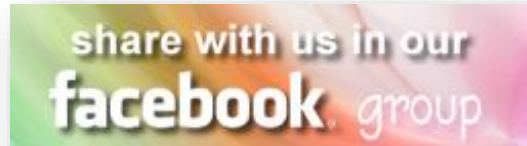
Did your mind quiet?

Did the focus shift from the worries and fears?

Did you notice a relief of tension?

### **Return & Report (Sharing time!)**

After trying this on your own, return to the membership group and share your insights, questions and celebrations so that we can cheer you on! Thank you!



<https://www.facebook.com/groups/healingyourgriefmembership/>

## **Tapping to Set Your Intentions (Version 2): Segmenting Your Day**

This is a variation of the **Setting Your Intentions Tapping** that is really powerful for keeping your mind and body relaxed. I suggest you try this out a few days this week – especially if you're prone to feeling nervous, anxious or having panic attacks.

I'm borrowing this idea of "Segmenting Your Day" from Abraham Hicks and adding my tapping spin to it. It's the same concept as tapping to set intentions, but with the added benefit of tapping multiple times a day.

Why wait until you're heading to work or into some scary situation? Take 5 minutes at regular intervals throughout the day to tap and balance your energy while setting deliberate intentions about how you want to experience this portion of your day.

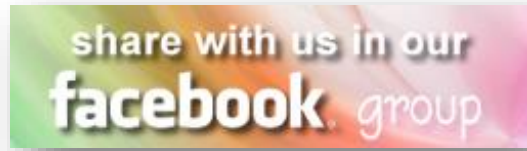
Use the power of the Law of Attraction (Sowing and Reaping) and place your order for what you want this segment of your day to be like. Be deliberate about acknowledging the negative things EGO might be expecting and counter them with intuitive and from-your-heart tapping for what you'd love to have, do, and experience.

**Getting Up in the Morning:** Tap in thankful feelings, setting the intention to be calm and focused while brushing your teeth. Tap to affirm that you'll move slowly and deliberately while taking your shower, eating, driving, interacting with others. Does this make sense?

**Getting in the Car:** Set intentions such as: I will be on time, be comfortable, knowing I AM safe. Grateful for traffic flowing easily and drivers *being courteous like me*. Allowing myself to be flexible and patient.

### **Try It and Return & Report (Sharing time!)**

After trying this on your own, return to the membership group and share your insights, cool intention phrases you came up with, etc.!



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## **Borrowing Benefits - Shared Benefits - The Law of Adaptation**

After 20 years of tapping with groups and classes, I'm continually impressed with the power of sharing the benefits of tapping in unison; EVEN if the topic, phrase or issue doesn't apply directly to everyone.

I've found that audience members can show as much as 60% reduction in their own distress and trauma just by tapping along with someone on stage or in what I call the "love seat." (*Nobody wants to sit in a "hot seat," right?*)

I'm inviting you to **make a decision today that you'll use this concept of "acting as if" we are tapping for YOU even when YOU are not the person** in the center of the circle. This is a potent way to get the most out of this program.

**In this portion of the program, you watched a video where Phoenix kicks grief's butt!**

We could use his brave example to see that even if you're sobbing, snotty, falling down and out of energy, with coaching, encouragement and the cheering of your teammates (members of this program) **YOU CAN DO THIS!**

**But you cannot quit!** Keep kicking and I will keep giving you instructions (and tools and love and coaching).

There may be times **when I'm working with another student** or tapping on **phrases that are "not exactly" a fit** with your words. **Tap along anyway!**

There will absolutely be **times when your mind and body "don't feel like it"** . . . come join us and **do it anyway!**

**Healing is on the other side of Action.** Like that cute karate class, **nobody should be sitting idly by when someone is up fighting through the fears and pain.**

Now, I know that when we're tender-hearted and fragile from grief and trauma, the mind and body just want to avoid the pain and avoid other people. We don't want to deal with anyone else's crap; we have enough of our own. (And EGO says: *"and nobody gets my pain so why should I try and support them..."* Okay. We all get that feeling. But, does that sound like a path to healing?)

**Simply stated: It can be very tempting to close your heart, avoid other people, and feel like a victim to your circumstances. Don't give in to the temptation. It will get you nowhere.**

One of the HUGE benefits of being part of this ***Healing Your Grief Membership Community*** is that you don't have to do it alone. And we invite you to decide to be equally supportive and encouraging of others in our community.

Together we create an energy and a synergy that magnifies and multiplies the healing potential.

Add your love and support 100% of the time and everyone is blessed, including – and especially – YOU. Together we'll celebrate the healing, the growth and even the challenges that may set us back.

At least we're taking action and we're still KICKING, right?

As the coach, I KNOW you can do anything you set your mind to. I know you're bigger than this fear and this pain and any trauma or loss your life has thrown at you.

I'm so happy you're here. I can't do it for you, but I can do my best to not let you give up!



## Tapping to Your Toes

When you're feeling ungrounded (or as I refer to it: when I'm feeling "beside myself" with anxiety or grief) this technique can work very quickly to get you back in your body and breathing easier.

Begin by assessing how odd you feel. The high SUDs numbers will reflect the amount of discomfort or how extreme it feels.

- Ungrounded
- Unsettled
- Unfocused
- Out of body etc.

This is most easily done while in a sitting position.

Simply begin by tapping on the top of your head and then moving as swiftly as feels comfortable. Tap all of the points AND THEN proceed down the front of your legs, move to the inside of your knee caps and tap down the inside of the calves all the way to the soles of your feet.

Repeat the process as quickly or slowly and as many times as feels comfortable, making sure that you end at your feet. Be sure to breathe and remember this is another gentle 9-1-1 technique that can help your mind stay quiet and help you tune back into your body.

Tapping down the body like water would flow:

- ✓ Top of Head
- ✓ Between the Eyes
- ✓ Side of the Eyes
- ✓ Under the Eyes
- ✓ Under Nose
- ✓ Chin
- ✓ Collar Bones
- ✓ Under Arm
- ✓ Rib Cage
- ✓ Down hips
- ✓ Tapping incrementally down the front of the thighs
- ✓ To inside of knee caps
- ✓ Tapping incrementally down the inside of your calves
- ✓ All the way to your feet...ending at the instep of your foot.

# Tapping

## ALL THE WAY TO YOUR TOES



**1 - Top of Head**

**2 - Between the Eyes**

**3 - Side of the Eyes**

**4 - Under the Nose**

**5 - Above the Chin**

**6 - Collar Bones**

**7 - Under the Arm**

**8 - Bottom of the Ribs**

**9 - Top of the Thighs X2**

**10 - Inside of the Knees**

**11 - Inside of the Calves**

**12 - Inside of the Ankles**



# BONUS

## The Heel Shock Point

Tapping all the way to your toes led me to think it might be helpful for you to know about the heel meridian **Shock Point**. This is actually a **Donna Eden Energy Medicine technique** and I've found it very helpful personally.

Full disclosure: I'm not a Donna Eden trained practitioner and I haven't been authorized to teach this. I haven't used it on another person in an emergency situation, but I know of many friends and practitioners who have. As always, you need to take responsibility for your own personal safety, health and well-being. And, likewise, if you're inclined to offer this for another person. (Disclaimer over 😊)

In the moments after a trauma, car accident or receiving devastating news, this can actually be a life-saving technique.

Anecdotally, other practitioners have shared that when they assisted someone in the moment with great success. Incidents where the person was actually suffering a heart attack and they kept them from going into shock. Someone who had just witnessed a deadly accident and another case where there was a graphic injury were able to stay conscious because someone was there to help them stay grounded in their body by using **this Shock Point** stimulation.

I will tell you, that tapping, pressing and pulsing on this point cannot cause harm, but it WILL move energy. You need to be aware that there may be cellular shock that could be release long after the trauma occurs which may actually trigger shock in the recipient.

So be wise with yourself and others and realize that you may need to do the full procedure and then follow it with T.A.B. or other 9-1-1 techniques.

If you want to try this protocol, it's best to ask someone to do it for you. Otherwise, you're having to do one foot at a time and you're crimping the meridians by twisting up your legs to get to your own feet.

Having someone you trust hold the energy and the intention of healing for you can be extremely healing. (Or is that Heel-ing? Grin)

The **SHOCK POINTS** are on the bottom of the heel of the foot.

Wrap your palm around the person's ankles, holding the foot in such a way that the thumbs automatically lay over the heel pointing towards the persons head. The flesh of the thumbs will land on the shock points.

Press firmly on both shock points simultaneously with both thumbs and hold for a minute or so.

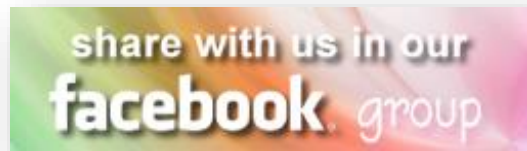
Then you can press in pulses several times.

When the shock subsides (color returns, they are more conscious and able to carry on a conversation as well as breathing calmly), gently massage around the OUTER edges of the heels, squeezing the Achilles tendons just above the ankles. (Energy gets trapped there and our feet don't want to move.)

A wonderful way to anchor this once the shock has subsided is to turn your thumb, index and middle finger into a wand and point and wave those finger tips at the shock point. Gently create figure 8's in the air over that point.

## Sharing Time

**Return & Report** in the membership group and share your insights.



<https://www.facebook.com/groups/healingyourgriefmembership/>

**Here are some prompts for you to help you share:**

Assess how you're feeling now and how does it compare to when you started this unit?

Did you have an "aha" moment or two?

Are you comfortable and confident that you can use the tapping points and the SUD scale?

Which of these tools was most comforting for you today?

Which tool will you want to use regularly?

Is there a tool that you're not sure about and want to figure out how to incorporate?

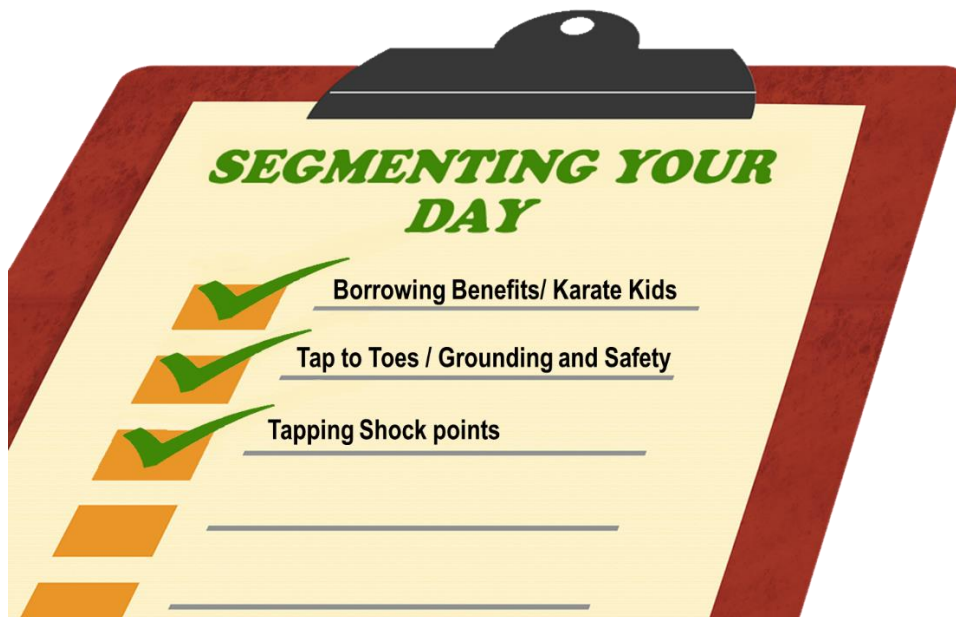
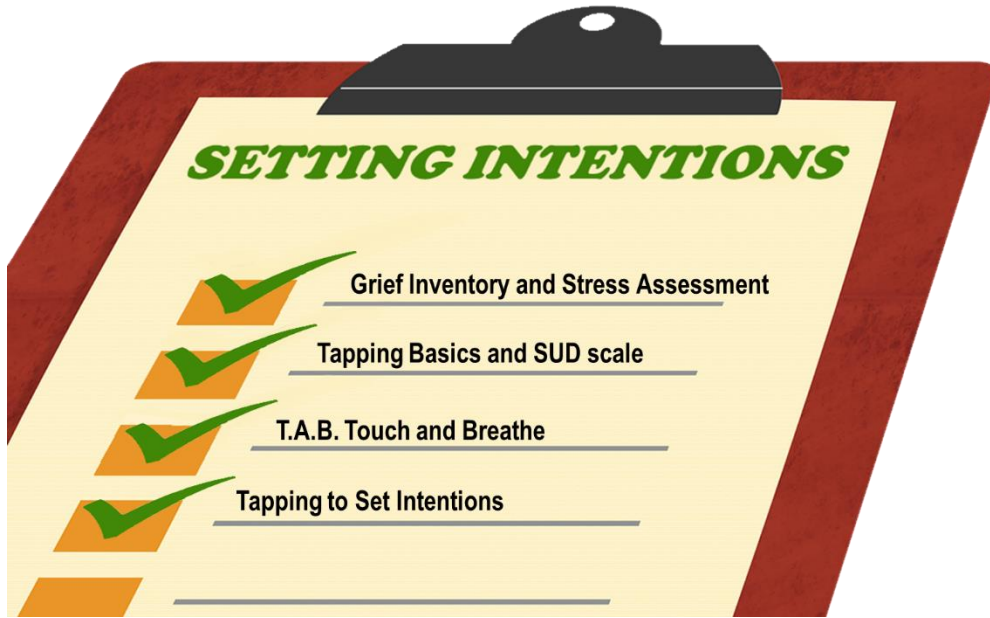
What are you celebrating and how can we support you?

Let's review what you've learned so far in

# *Healing Your Grief*

## Picking Up the Pieces

### Unit 1: Consciousness



# another BONUS

## Tapping for Pain

Do you have physical pain right now?

Where is it in your body? Can you point to it or put your finger on it without causing damage or additional pain?

Rate the pain using the SUD scale (0-10).

Write down a word or two that describe what the pain feels like:

- Hot
- Heavy
- Tight
- Burning
- Throbbing
- Aching

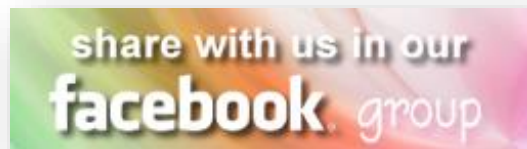
Click or Tap the link below to DOWNLOAD this audio to your computer or mobile device.

[https://janluther.audioacrobat.com/download/HYG-Unit\\_1\\_Bonus-Tapping\\_for\\_Pain.mp3](https://janluther.audioacrobat.com/download/HYG-Unit_1_Bonus-Tapping_for_Pain.mp3)

*(Some devices may require that you RIGHT CLICK the link and then choose SAVE in order to download it.)*

Be sure to **put it in a folder and name it so that you can find it** whenever you want to tap on general physical pain.

Try it on your own and please remember to give feedback and share your experience in the group.



<https://www.facebook.com/groups/healingyourgriefmembership/>

**See you next time for**

*Healing Your Grief*  
Picking Up the Pieces

**Unit 2: Learning to Breathe**

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