



HEALING WAVES REIKI

WALKING WITH GRIEF

Honor + Heal





Welcome.

Grief changes us.

Grief isn't something we move beyond.
It becomes part of who we are.

Whether you've experienced the death of someone you love,
the loss of a beloved pet,
the ending of a relationship,
changes in your health,
a life transition,
or the quiet loss of a dream,
grief reminds us that love leaves an imprint.

This workbook isn't about fixing grief.
It's about creating space for it.

As you move through these pages, allow yourself to pause, notice,
reflect, and honor whatever arises.

Healing doesn't happen by forcing ourselves forward.

Sometimes healing begins simply by allowing ourselves to be
exactly where we are.

There is no right way to grieve, and there is no timeline for healing.
Wherever you are today is exactly where you are meant to begin.

In Love & Light,

Cathy



Before We Begin

Pause • Breathe • Arrive



Take a slow breath.

Notice your feet on the ground.

Notice your heart.

Allow your shoulders to soften.

There is nothing you need to solve right now.

Only this moment.

Only this breath.

What emotions are present for me today?

What does my heart need most in this moment?



Grief Begins Earlier Than We Think

Grief begins when we realize that life will never be the same.



We often think grief begins with death.

But grief can begin whenever life changes in ways we didn't choose.

Perhaps you've experienced:

- The loss of someone you love
- A relationship ending
- Divorce
- Illness
- Infertility
- Retirement
- Children leaving home
- A career ending
- Moving
- A dream that unfolded differently than expected

Grief reminds us that every season of life changes us.

It is a reflection of love, connection, and the reality that life is always changing.

It reminds us that everything we love is precious.

Gentle Reflection

Healing begins by gently acknowledging what your heart has been carrying.



What losses are you carrying today?

Which ones have been acknowledged?

Which ones have remained unseen?

The Waves of Grief

Every wave is different



Grief isn't linear.

Some mornings feel peaceful.

Some afternoons feel impossible.

Sometimes grief returns years later through a familiar song or
scent.

Like the ocean, grief arrives in waves.

None of them are wrong.

When does your grief tend to appear?

Are there places, songs, smells, seasons, or memories that bring it
forward?

Your Body Remembers

Grief lives in the nervous system



Grief is not only emotional.
It is physiological.

You may notice:

- Fatigue
- Brain fog
- Difficulty concentrating
- Restlessness
- Tightness in the chest
- Muscle tension
- Sleep changes
- Emotional numbness

These are natural responses to profound change.
Your nervous system is adapting to a new reality.

Where do you notice grief living in your body?

What sensations are present? If it feels comfortable, gently place a hand where you notice those sensations. Simply breathe. There is nothing you need to change. Only notice.

Presence Instead of Fixing

What If Nothing Needed To Be Fixed?



Many of us feel pressure to move on.

To stay productive.

To stay strong.

To be okay.

But grief asks something different.

It asks us to be present.

Healing often begins when we stop trying to rush what love is still teaching us.

Where have you been asking yourself to "move on"?

What might happen if you simply allowed yourself to be where you are today?

Love Continues

Grief Is Love Continuing



Grief exists because love existed.

Love changes form.

But it doesn't disappear.

What qualities of the person—or season of life—you miss continue living through you?

Journal

Favorite memories...

Things they taught me...

The ways they've changed me...

The Gifts They Left Me

Love continues through us.



Even after loss, the people we love continue shaping who we become.
Reflect on what remains.

Journal Prompts

Things they taught me...

Things they loved...

Favorite sayings...

Traditions I want to continue...

Ways they've influenced who I am...

How I carry their love forward...



When Love Says Hello

Signs & Synchronicities

Many people notice moments that remind them of someone they love.

Whether you see these as meaningful coincidences, cherished memories, or spiritual experiences, simply notice them without needing to explain them.

Record moments such as:

Dreams

Songs

Feathers

Butterflies

Birds

Rainbows

Pennies

Meaningful numbers

Unexpected memories

Anything that brought comfort.





Asking For Specific Signs

Be specific.



It is very easy to allow yourself to disregard signs from loved ones as coincidence when they are things commonly seen in everyday life.

If asking for a sign feels meaningful to you...

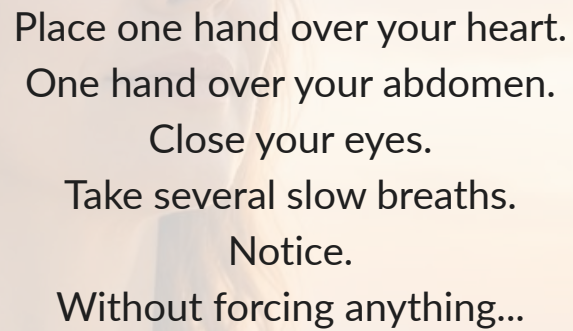
Ask for a sign that is very specific—or something out of the ordinary.

Then simply notice what unfolds.

What signs are you asking for?

Come back to this page and record what you notice..

Listen with love.



Then gently ask yourself...
What is my heart trying to tell me today?
Then simply write.



A Quiet Conversation

Listening Within



Sometimes, when we become still, words begin to arise naturally.

They may feel like your own inner wisdom.

They may reflect the enduring influence of someone you love.

They may simply be thoughts your heart has been waiting to express.

Whatever arises, allow yourself to write freely.

Without editing.

Without judging.

Without trying to make sense of it.

You may begin with one of these questions:

- What do I most need to hear today?
- What would bring me comfort?
- What am I ready to release?
- What love is still present?



If Love Could Speak

Intuitive Writing



Imagine unconditional love speaking directly to you.

Whether these words come from your own heart...

Your deepest intuition...

Your understanding of God...

Spirit...

The memory of someone you love...

Or simply the love that continues to live within you...

Allow yourself to write freely.

Don't analyze.

Don't censor.

Just listen.

There is no right or wrong experience here. Some people find words come easily. Others simply enjoy the quiet. Both are perfect. Trust whatever unfolds.



What is present for you today?



One small act of kindness I'll offer myself today...

A background image of a beach with waves crashing onto the shore, overlaid with horizontal blue lines for writing. The image shows a sandy beach in the foreground, with gentle waves lapping at the shore. In the background, more turbulent waves are breaking, creating white foam. The sky is a pale, hazy blue. Overlaid on the entire image are ten horizontal blue lines, evenly spaced, providing a guide for handwriting practice. The lines start from the left edge and extend across the width of the page.



When Grief Feels Too Heavy

You were never meant to carry grief alone.



Sometimes grief feels bigger than we can carry alone.

There is courage in reaching for support.

Whether that means talking with a trusted friend, joining a grief support group, connecting with your faith community, working with a therapist, or finding comfort through hospice bereavement services, you deserve to be supported.

Healing doesn't always happen in solitude.

Sometimes it begins when someone simply sits beside us.

Continue the Journey

Healing doesn't ask us to let go of love.



Healing doesn't ask us to let go of love.
It invites us to carry it differently.

As you continue your journey, remember that grief and love often exist side by side.

There is no timeline for healing.

No perfect way to grieve.

Only your own path, unfolding one gentle step at a time.

May you continue meeting yourself with compassion, honoring your memories, and trusting that healing unfolds through presence, kindness, and love.

With gratitude and light,

Cathy Scarpitto

Continue Your Healing Journey

Where would you like to go next?

Tap any stone to continue your healing journey.



Podcast

Listen to the
companion episode.



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workbooks.



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Visit Healing Waves Reiki
for sessions, resources
and more.



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Explore courses, Reiki trainings
and CEU programs for
healthcare professionals.

Thank you for allowing me to be part of your journey.

With gratitude,
Cathy Scarpitto ♥



*"Grief is not something to solve.
It is love asking to be witnessed."
— Healing Waves Reiki*

