



Walking in Grace with Grief: Meditations for Healing After Loss

Della Temple

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"I've come to think that grief is two-fold. It's the painful longing for the physical presence of our loved one and it's the emotional heart ache we feel as we disengage from these unfulfilled dreams, the sorrows of what could have been. The stories of a life unlived." Della Temple

Part memoir and part meditation guide, *Walking in Grace with Grief* combines Della's story of loss with teachings of **energy awareness, mindfulness, and conscious living**. Filled with stories of hope and profound confidence in life after life, providing comfort and nurturing for anyone dealing with loss

Della Temple believes it's time to **broaden the discussion about death and dying**. It may not be necessary to walk the normal stages of grief: from anger, denial, bargaining and depression to the final destination of acceptance. She believes that others too **can start at acceptance and stay there throughout their journey of recovery**. This might fly in the face of what's considered "normal grieving", but what the author experienced during her period of mourning was an **amazing feeling of ease, comfort and nurturing** - what she refers to as **Grace** - that kept her from drowning in the mire of doubt, wishful thinking and regret. The book includes **meditations for healing** that are easy to follow and useful for not only the most pressing moments of grief and loss, but throughout your lifetime. Join the author on a journey of healing, comfort and Grace.

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