

# Preparing for Goodbye – for now



*A loving guide to help in times of transition*

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## Preparing for Goodbye – for now

### *A loving guide to help in times of transition*

Through this journey, I have learned that most of us need a bit of assistance saying ‘goodbye for now’ to our loved ones. Each passing is different, but I want each client to know that all of their feelings, for all of their loved ones – regardless of age, gender, or life form, right down to their tiniest animal friend – are absolutely legitimate, beautiful and are to be **honored**.

I put this Guide together to help each person to prepare for, to honor, and to grieve with as much ease as possible in saying goodbye to a loved one in transition. It is not to \*remove\* your human emotional suffering – that, my friends, is part of our human existence. So, go ahead: feel what you’re meant to feel – and allow yourself to flow through that grief with any of these practices that you intuitively feel called to use. This list, of course, is in no way exhaustive – it is simply a starting point to inspire you to honor your feelings right now, and to honor that loved one in the most genuine, heart-felt way that you feel called to do.

#### Section I. Seeking assistance for those in transition

Sometimes I’m asked by clients and friends to work with their human and animal loved ones who are in transition. There are many reasons that people ask for assistance for the one transitioning. They may sense that their loved one has a fear of dying or feels lost when they begin to evaluate their life (a natural thing that can happen at the end of a human’s life), or the loved one is even hesitating to “leave” because they feel the family, friends or others want them to hold on. For others, they understand a broader context to our lives here – and that we live many lives and can even take emotions, and experiences from this life into a subsequent life. My work in these cases is to release whatever energy imbalances I can to ease their load, ease their transition, and clear any negativity in this lifetime at the end of their lives. Honestly, this is not easy for me either because like the rest of us, I am human, too - with all of the emotions that brings. But I do so because of the desire to hold a space of **love** and reverence for the person or the animal in transition and for their loved ones coping with that fact - and because of my innate desire to help people and animals as long as they will allow me.

Of course, none of these sessions are done without the consent of the human who is transitioning, or that of the person’s or pet’s guardian.

#### Section II. The Human experience and grief for those of us “left behind”

While most of us know there is a soul that remains after we “shed the skin” of this lifetime’s physical body, we are still human in mourning the loss of that loved one. We feel the pain, grief, and sadness of losing the loved one from this physical plane. While we may understand in our logical minds that they are still here with us in non-physical form, many feel that it’s not as easy to connect to them in their new form. We’re used to our “every-day” senses of seeing, hearing, touching, tasting and smelling. Beyond that, it takes more practice to sense pure energy. To learn more about doing this, please see [Section VI](#).

So while we take solace in knowing they're still here, we still grieve. With this Guide, my intention is to help with this grief – helping you to honor it, while still feeling it, but perhaps finding channels for that grief in ways that honor the transitioning loved one both prior to and after their transition.

### Section III. How long is “normal” for grieving

Know that each person is different in how we grieve and how *long* we grieve. Honor your feelings of loss: take your time, try not to judge yourself, and be careful not to allow others to set expectations of *your* grieving time and intensity. There's no need to suppress what you're feeling. And in fact, this can have a lingering negative effect when we try to stuff our feelings down and not acknowledge them. If you have young children at home who you feel you're sheltering from the pain, you might consider, depending upon the age of the children, that being true to yourself and your honest feelings will allow them to do the same with their own feelings as they go through life.

Use your own intuition if you feel your grieving has gone on too long. It is only when this grief and sadness has lingered for what we intuitively sense is too long that we may have to consider some additional help to get us through this period. Help can come in many forms – from grief counseling to energy work to let go of trapped emotions or other triggers related to this passing. If you're already a client, you know that this is an area where **the Emotion Code** and **the Body Code** can help to clear emotional trauma, physical-emotional shock energy, mental energies, and trapped emotions among many other factors that impact how we process our feelings. Always trust your intuition, the “whisper” or “gut feeling” that you get – not the judgment of your mind - in what you sense might be more than just the right grief window for you.

### Section IV. Honoring your loved one before and after the transition

As we prepare for our loved one to transition, and even after they transition, there are a few examples of things that can help in the journey.

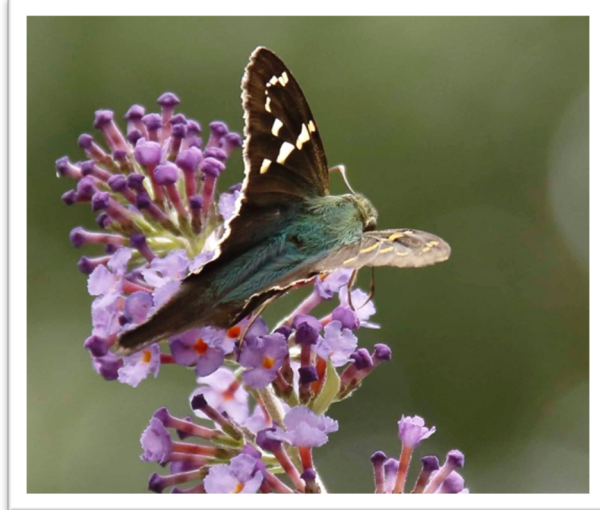
#### A. Asking for signs

Asking your loved ones for signs that they may use post-transition can be a way to anticipate and know they will still be with you. If you are asking an animal friend or someone who cannot communicate currently, you can sit quietly with a mental image of talking with them. While doing so, pose the question of what will be a sign of their presence. The first thing that pops into your mind is likely that symbol. If you do not feel that you've gotten anything in response, or you lose a loved one suddenly and don't have the opportunity to have the conversation, do not worry. You can still get signs from your loved one, regardless of whether this conversation took place, long after they have transitioned.

Also, use your judgment on whether the conversation – and its timing - with the person in transition is right. When I speak with my mother about the signs we'll give each other, we express it freely. In comparison, when I asked my father about it when he only had weeks to live, he was shut down to talking about it. All of that is okay - because post-transition, they will still send you signs whether you talked about it or not. I actually have a light-hearted running joke with a very dear friend of mine, who my father really loved, about my father. He bought us both hanging mobiles that run off solar energy from the day's sun and light up after dark. She swore that my father was making hers flicker when she was changing at night (likely because it was a quiet time to get her attention). But she joked aloud with him that he needed to find a more “appropriate” time to come through, rather than when she was half naked. He stopped

making the mobile lights flicker while she was changing. 😊 My mobile also flickers at random times. So we just smile in the knowledge that my dad is showing us that he's still right here with us, supporting us in our lives.

### Betty and the butterflies



An uncommon Long-tailed Skipper in my mother's garden

Every visit with my mother on the East Coast, I have said to her that I am amazed at the quantity and diversity of butterflies that are in her yard. I have some of the same plants in my own California garden, blooming more months of the year, but get a small fraction of the butterflies that she does. One year, while sitting with a Medium that I knew, the Medium conveyed to me out of the blue that my Aunt Betty was there with us and that she sends butterflies to my mother. The Medium knew nothing about my aunt, my mother, nor her butterflies. I must have had the biggest smile on my face – suddenly it made perfect sense. My aunt and my mother had been so close, and it had never dawned on me there might be more than an “obvious” reason why my mother's garden was butterfly-filled! Needless to say, the joy in my mother's heart was quite palpable when I relayed the message.

### Bri and the sunflower

My niece had a dear friend, Bri, with whom she shared an absolute love of sunflowers. One of my favorite pictures of them together was with big smiles on their faces in a garden of big sunflowers. Tragically, my niece lost this beautiful friend in a car accident when they were both 18 years old. A year or so after the accident, my niece was visiting me in California. We were out on the dock of the working wharf in Monterey where my niece loves to see her beloved sea lions sleeping. Not another soul was around us on the dock, and the water was pretty quiet other than the comings and goings of the sea lions beneath us in the water. All of a sudden, in with the gentle rolling of the tide, sitting atop the water, came a single, floating sunflower – meandering *slowly* right in front of us. A *flower*? That happened to be a *sunflower*? In the middle of an *open Bay*? That happened to pass right in front of us at the exact moment we were on that dock? Neither my niece nor I had to say a single word – we knew it was Bri....an amazingly special reminder of her continued presence in my niece's life.



The solitary sunflower gently floating by on a calm day on Monterey Bay

## Mika and the feathers



A newly fallen feather where I had just stood during my video shoot

My little dog Mika was our little spirit dog. She, my boyfriend and I had a pretty powerful connection and it pained me deeply when I had to say goodbye to my little friend on the physical plane. I asked her what sign she would send me after she transitioned and in my mind's eye, I saw her answer: a feather. I kept that knowledge, not knowing when it would show up, in what form, or how. Now, one can argue that feathers can come naturally from birds at any time in any yard or out on the water, so I was always a bit circumspect when I'd encounter one. Which she would then refute with quite overt messages with that feather so that I would stop dismissing it. One day I was recording my first YouTube video in the backyard. I had pulled a big, round, stepping stone out of the way of where I wanted to stand so that I could position myself in front of a nice tall tree. After the shoot, I was criticizing literally every little thing about it – how I delivered the message, how I sounded, what words I used, how I looked. I don't know why I was filled with such self-doubt, but nevertheless, after coming back inside from the

shoot, I opted to go *back* out and *reshoot* it. There, right in the circle where I had stood - where the stepping stone had created a big round indentation - sat a single feather. I knew instantly – not only was it Mika, but it was Mika with a very clear message I was hearing in my head: “*STOP doubting yourself!*” Yep – I heard her loud and clear: visually and audibly! Thank you, Mika, for still being with me and right when I needed it - reminding me to trust in myself.

Of course, I have many more examples of how our loved ones have shown up in our lives but hopefully these personal examples help to underline the fact that messages can come from our human and animal loved ones, any time, through any effect, regardless of whether we “discussed” it in advance with them or not. I encourage you to keep the faith and stay open to the possibilities.

### B. Writing as outlet

Writing can be cathartic. There's something about the energy of words to paper that has its own special energy. And of course, writing for and about your loved one can take many forms – from poems you write specifically for them, capturing your memories in a journal, creating webpages or social media posts to honor them. It's one of the many examples of something that the whole family can get involved in if they so choose – and in their own unique way.

After “Slurpy”, my fish of 14 years, passed, not only did I reflect on my feelings in my journal, I also shared some of our special moments in a blog on my website. I wanted to let others know that regardless of *who* it is that passes, it's okay to honor your loss. Slurpy had been with me longer than some of my dogs – I was sad to say goodbye to him and I honored those feelings.

When my 16-year-old dog, Bowey, passed and when I finally got off the couch after a week of grief, I set up a webpage in his honor – complete with pictures of him with all of the children in the family. It was my way of helping the children to process and know that they could grieve as well.

When one of the seal pups at the marine mammal hospital where I volunteered had died, caught in one of the fishing industry's nets post-release, I was so filled with sadness. I set up a webpage describing the effects of by-catch. It described the fact that – rather than numbers – by-catch has a *face* and each life is



meaningful. It helped me to channel my grief into something productive and educational in honoring his life.

When we recently lost a close friend quite suddenly, my significant other and I sat down and created a memorial on a small poster to honor him. Similar to a vision board, we filled it with pictures of him, we wrote words and poems that reflected what he meant to us, added images that reminded us of him, and a picture with his wife that honored the beauty we always saw in their special relationship. While we kept only a picture of it so that we could send the actual finished product to his wife, the *action* of its creation is just what we needed to help process this unexpected loss of a dear friend.

These are but a few examples of how writing, and creation of many kinds, can be an outlet for our grief.

#### C. Planting Trees and gardens

While planning for our new home, my father was always quite excited about thoughts of coming to visit and the guest room I was developing with his long visits in mind. He would always playfully remind me that he planned to stay for *several months* per visit, and I always joyfully told him that worked perfectly fine for me. Unfortunately, houses take time to plan and then to build - and in that long process, my father was diagnosed with and quite rapidly succumbed to brain cancer. Regardless of knowing that he is still right here by my side in the non-physical realm - throughout the house's construction and soon while we are living in the new home - I was devastated. I was sad thinking about him not getting to experience the home and us not getting to share that together. So, I've decided to erect a memorial garden for my dad just outside the big picture window in front of the guest room. It's my way of acknowledging that my dad is right there in the room where he wants to be. And anyone who plans a visit, just know that Dad will be keeping you company. 😊

A client of mine, having recently lost a beloved cat friend and member of the family – who I teasingly refer to as the Obi Wan Kenobi of the cat world – just spent the day with her husband and young children planting a tree in his honor. It's a beautiful, living, ever-growing example of a way to honor their loved one.

#### D. Having Ceremonial or symbolic honors and sacred spaces

For many people it helps to honor their loved ones in some tangible way prior to or after their passing. For some, this can ease their pain in “losing” their loved one in this physical world and help mentally prepare for their transition. I include examples below, but you can create and experiment with whatever feels right to you.

You can create a sacred space in your home to honor your loved one. You can regularly light candles, set out beautiful crystals, include a picture of them, burn incense and otherwise use it to reflect on their life and your love for them.

You can create a ceremony while they're still with us and they'll likely feel that loving energy during this transition time. And/or choose to hold such a ceremony post-transition. Of course, there are memorial services, funerals and other ceremonies that honor our human loved ones who pass and there are many traditional resources available to help you do so.

Beyond more traditional ceremonies, you can create your own unique ceremony – in a park, in your backyard, or anywhere you can have some privacy. You don't have to live near their gravesite

or near their ashes. The beauty is that you can begin your own tradition or do whatever feels natural to you. If you have a wider family or friends, you can have each person write a love note, or go around a virtual or in-person circle and share what they appreciated about, or their favorite memory of, your loved one. And as you likely know, [Legacy.com](https://www.legacy.com) provides a place for others in the community to pay their respects online in memory of your loved one.

For pets, we can also have memorial services – be it in our backyard, at the ocean, in the mountains or wherever it is meaningful to you. We’ve spread our pets’ ashes in appropriate places related to our memories of them and in the case of our latest pet fish who passed, buried him in our backyard with some of the crystals he loved and kept him company around his tank. If you are seeking a place to share your pet’s passing within a community who understands your grief, and/or to find a place of ceremony with others of like mind, you can participate in a virtual candle-lighting ceremony on the [Rainbows Bridge website](https://www.rainbowsbridge.com). Here you can write dedications to your pet or simply include them in the coming week’s ceremony. You can also find grief support on their website.

A friend of mine recently lost a very dear friend quite suddenly. Among many other things my friend did for her in her short journey to transition, she asked me to clear many trapped emotions her friend had had from a sometimes painful life. And that week, when her friend had transitioned, my friend sat quietly and worked a jigsaw puzzle in her honor, fixing her friend’s favorite martini, and reflected amidst sips of the martini and puzzle creation, of their friendship and their love.

*Anything* that you choose to do for your loved one is a beautiful thing. Follow your heart on what works for you and your family and other loved ones.

## Section V. Making transition decisions

Like it or not, sometimes we find ourselves in the situation of having to make a late-stage decision about a loved one’s care. This can mean making decisions whether to move loved ones to facilities, have our pets humanely euthanized, and many other decisions. There are two particular tools that I regularly recommend to my clients when faced with decisions like these. Both are best to do when you are feeling settled, well-hydrated, free of caffeine and in some quiet, uninterrupted space to truly sense the messages that you are getting.

- 1) Automatic writing – sitting quietly, uninterrupted, and optionally with meditative music, open your laptop or pull out a journal for writing. Set the intention in your mind or aloud to connect with your soul. You can either ask the general question, “What does my soul want me to know today?” or ask a very pointed question such as “What does my soul want me to know about (the decision) today?” Sit quietly and wait for the answer. With the first message that pops into your head, just start writing until you have nothing else to write from that answer.
- 2) Body sense test – sitting quietly, uninterrupted, get comfortable and undistracted. In your mind’s eye, one at a time, picture each decision option, “listening” and “feeling” what your body feels as you picture each one. Does one make your body feel constrained? Uncomfortable? Uneasy? By comparison, the other will likely give you a sense of calm, or neutrality in which you might feel nothing at all. In either case, typically you get a stronger feeling, positively or negatively, with one of the options to help you in choosing the right decision for you at that moment in time.



## Section VI. Post-transition: Working with pure energy

As mentioned, I realize that it can feel less straightforward to connect with our loved ones when they're in pure energy form. But if you practice, it does come easier. You can learn tips online from very reputable and good mediums, such as John Edward, John Holland, and James Van Praagh. A few things to keep in mind are:

1. This kind of energy is subtle – just like the mental telepathy you get about a friend who is in need. Recognizing this will enable you to quiet the mind and just be open to even the most subtle pictures, sounds, or feelings, like a gut feeling. Also, be aware of those dreams that are tangibly different than others – i.e., that it feels like the loved one was actually there with you. These are typically the dreams that are true visitations from that loved one.
2. Set an intention (aloud or to yourself) to connect with your loved one(s) and know that it's that simple – no lavish ceremonial action required.
3. Know that your loved one can connect with you and send messages any time, any place and through any means – as you can read in my previous examples.
4. If you want to set a certain time to work on connecting with them, as with meditation, it's best to practice connecting in a totally relaxed state. This means without having had much caffeine, and having uninterrupted, quiet time, when you can otherwise completely relax.
4. In general, try to let go of critical judgment of yourself. We often get pictures, hear our loved one's voice, get symbols such as specific numbers, coins, or other signs from our loved ones, but can quickly dismiss them as merely our imagination when in fact they're the "real deal".

## Section VII. Post-transition: Self-care



Just as with so many of the tools listed on my website to help us in life's challenging times, I reiterate here some soothing, healing tools that we can use anytime to help us. They can help to transmute some of the negative, heavy feelings we experience at these times in our lives, can uplift and raise our vibration if needed, and otherwise help us cope.

- Deep breathing - Feeling anxiety about the impending transition or post-transition? Practice deep breathing several times per day. This calms the nervous system and sends a message to our brains that all is well.
- Salt baths and/or time at the ocean – Salt can be very healing for our bodies. Soaking in a tub of Epsom salts, going to a spa with salt baths, and/or simply sitting at the ocean bathing in the salt air or sitting atop a kayak or boat on the water can all be helpful. When my father passed, all I could think about was sitting at the ocean. I love my kayak, but intuitively I was getting a very strong message to go just sit and "be" by the ocean. While I was there, my father sent me a very distinct and funny message involving a park ranger – my father had been a 30-year police veteran, so I knew almost instantly that this was from him. After spending the entire day there, I felt rejuvenated – like the heavier-feeling pain had been pulled straight out of my body by the tide.
- Crystals – Crystals can be placed in our homes, worn, or carried. Supportive crystals such as Amethyst, Angelite and Amazonite and others can be helpful. You can also search YouTube for 'crystal bowl healing' or 'crystal bowl music' to be soothed by the gorgeous sounds of bowls made of crystals. They vary in frequency and their effects are amazing.
- Essential oils – Diffusing essential oils can be so very helpful and there are numerous ones that can help. Lavender, Chamomile, and Cedarwood can help to calm and sooth us. But I also love

Lemon, Grapefruit, and Sweet Tangerine for their uplifting properties. You can also use oils such as Lavender and Chamomile directly on your skin\*.

- Walks in nature – Not only does an endorphin release help us to chemically process some of our emotions, nature helps ground us, and connect us into the wider energy world that all of us – both in physical and non-physical form - inhabit. For me, there is no faster way to connect with my loved ones and to disconnect myself from the lower frequencies of our physical world than when I'm out in nature. Even better if you can *get barefoot onto the earth* – it can ground us, reset our magnetic field, and otherwise help us heal.
- Healing music – As I've noted in blogs and on my website, music tuned to 432Hz can be soothing and healing to us. Pop over to YouTube, Spotify or your favorite streaming service and search for meditative music set to that frequency - you'll feel its helpful effects on your body.

*\*As with anything you ingest or apply topically, always thoroughly review the product in the context of your own particular circumstances and sensitivities. Also, be cautious when using essential oils around your pets. It's best to have good ventilation when diffusing or using any oil if you are unaware of its effects on your pets.*

### Section VIII. Closing

Whoever in your life is transitioning or transitioned, whatever your circumstances, I wish for you a peaceful journey - honoring their memories, connecting with them, and of course being ever open to the signs from them, knowing that they are forever with you.....