



# PHOENIX RISING

Issue 18

## The Healing Room

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September/October 2007

### Message from Glenyce

Grief is such a personal thing. Although there are many wonderful books, articles, seminars, etc on how to grieve, it is still such a personal thing. My maternal Grandma, or Gram, crossed over on July 14, 2007. She suffered two strokes in the span of five days. Her children had to make the heart wrenching decision to have the hospital do what is called

“compassionate care.” Basically make her as comfortable as possible while her physical body dies.

Grandma, 82 years young, was an incredibly active and independent woman. She was well known for her daily walks around town, no matter the weather. Unless it was icy, then she would use her treadmill. She kept close track of how often she walked and in 2006 she only missed one day because she had the flu.

In June I stopped by her house and she was cutting the grass. I asked her if I could finish it up for her. She said no. I told her I wanted to take her for supper and she could go change while I finished the lawn. Although she was reluctant, I did manage to get the lawn mower away from her. While having supper she

told me that she had been out at her acreage since noon cutting grass and had just got home to start on her lawn in town! You never dare tell her she should take it easy or you would get an ear full. I spent the last few days in the hospital with Gram. Every time I walked in the room I would cry because it was so hard deal with the reality that her physical body was dying. Even with my relationship and understanding of the other side – I missed my Gram and just wanted to have one last cup of tea with her. Where we could talk about shared interests - our daily walks and birds.

As all of my previous deceased loved ones went quickly, this was my first experience with Palliative Care. I was grateful to the incredible staff that made the time there much easier. And also to the set up of the rooms - they truly had thought of everything. I was also shocked and excited to see the use of an essential oil diffuser in Gram’s room. I have been using essential oils for a few months and know the healing effects that they had on all who came into her room.

Although it was a sad time, it was also a time of connection with family &

friends who stopped by to see Gram. I would make tea and we would visit. Sometimes we would talk about the weather and sometimes we would talk about our grief, and how difficult and unfair the situation was. It, in of itself, was a very healing time for many of us. As our grief had already began. We knew this road had only one end, and it hurt. A lot.

The last night I spent with Gram, one of her daughters was also with me. When we left we both noticed the most magical and beautiful sunset we had ever seen. According to the hospital – Gram crossed over at the same time as we were looking at the sunset. What an amazing gift we were given.

I have been given many wonderful signs that Gram is happy and peaceful in heaven. From floating feathers, to hummingbirds, to pennies, to dreams.

I feel blessed to have know her and loved her and honoured have to shared in the last days of her physical life on earth. Many blessings to you all, Glenyce

*P.S. I would encourage you all to get a Living Will to save your family from any difficult decisions in*

Death leaves a heartache no one can heal, love leaves a memory no one can steal.

*A headstone in Ireland*

We must embrace pain and burn it as fuel for our journey.

*Kenji Miyazawa*

While we are mourning the loss of our friend, others are rejoicing to meet him behind the veil.

*John Taylor*

Even hundredfold grief is divisible by love.

*Jareb Teague*

Though nothing can bring back the hour of splendour in the grass, of glory in the flower. We will grieve not, rather find strength in what remains behind.

*William Wordsworth*

### On the Road...

Glenyce will be available for appointments/workshops:

Lloydminster, SK - Sept 6

Bonnyville, AB - Oct 1

Wainwright - Oct 30

Saskatoon - Nov 1, 5, &

Spirit Connections

workshop on Nov 4

# Never Say Goodbye

by M. Tamar

My mother is dying. Try saying that five times without getting teary-eyed or feeling a tight squeeze in your heart. It doesn't matter if it is true for you now, or not yet, or in the past. The pain is saddening, confusing, and inevitable.

We've all lost someone close to us. Sometimes in an acute rupture that comes with a head-on crash, no time to say the last good bye, the last "I love you. Thank you for being my friend." And many of us have coped with long-term illness in those we care about. Witnessed the lingering, the wasting away, unsure when to acknowledge that the road has but one end.

We tend to assume this will happen more often as we age, that the ones we lose will be older than we are. But it isn't necessarily true. We can lose children, friends, colleagues, mentors, even our favorite clerk at the market. And each passing leaves a hole, be it small or large, momentary or permanent, in our hearts.

We all have different ways of reconciling such a passing. With our spiritual beliefs we can comfort ourselves, but no matter how hard and close we clasp them, there is always a gap, a fracture, a deep visceral desire for one more hug, one more conversation, one more shared laugh.

It's not that we're greedy, but that we care. That the joys of being human come from the moments of connectedness, of sharing a good recipe or book with one another, from being together on adventures and explorations, or in the domestic harmony of our homes, from knowing that there is someone to call and talk to, no matter how foolish or stressed we may feel.

Death seems to shatter that connection. It cleaves a deep chasm into our hearts. We feel bereft and empty. Helpless.

Grief holds many lessons for us, though we are rarely ready to embrace them. We push them off, waiting till after the last moment of breath, unready to welcome their teachings, perhaps simply not believing the momentous hurt until our loved one is really gone.

That's when need to go inward, need to pull out the pictures, mental and physical. When we need to remember.

There's no substitute for having your mother, friend, partner, child in your living room, or in your arms. But there is still a lot that our departed and departing have to teach us. And it would be wise for us to pay attention, since this transition process is inevitably part of being human.

We need to go to the core, get past the old hurts (small, huge, or imagined), past life's busy pace and mundane annoyances, past the un-met expectations. When someone is dying it is time to remember who this soul is to our own. If it's a parent, there is the gift of life. If a friend, the years of being there, helping us grow and adjust to life's curve balls. If a partner or child, all the nurturing and joy that comes from loving and being loved in family.

What can we do when the time comes to say good-bye? We can say it with all the love that we feel, that we have ever felt, with all the strength we can muster through the tears. We can say it with appreciation, with tenderness, with compassion, and with sadness, for their loss and our own.

If you have the chance to say it aloud, directly, then do it. Don't miss any opportunity to say I love you. Tell your friends and family regularly how much you care. Wash the slate clean in your heart and speak from the truth of your knowing and your connection, lest they be suddenly taken. And if you have the grace of time to allow their passing slowly, then offer them a gentle path, one filled with tenderness and caring.

It's really very simple. Just say, I love you. I have loved knowing you.

And when the ending happens, remind yourself that you never have to say goodbye. Because you can continue to remember.

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Taken from <http://www.grieflossrecovery.com/grief-articles/tamar02.html>

## Women's Wellness Retreat at The Healing Room

### Women's Wellness Retreat - October 19, 20 & 21, 2007

This retreat is specifically designed to relax and rejuvenate your body, mind, emotions & spirit.

- Individual Reiki & Reflexology sessions
- Meditation Workshop
- Positive Thoughts! Workshop
- Group Guided Relaxation Sessions
- Group Yoga
- and more!

Your investment for this retreat is \$350.00

This retreat includes:

- All meals, drinks & snacks
- Shared accommodation (please bring sleeping bag, pillow, & blow up mattress or foam)
- All Guided Relaxation Sessions on your own CD
- Retreat program

Space is limited, register early to avoid disappointment. Register by October 2, 2007  
Contact Glenyce for more information.

## Upcoming Teleclasses

### Connect with Your Spirit Guides Teleclass - September 27, 2007

7:00 pm to 8:00 pm. This teleclass will help you have a better understanding of what Spirit Guides are, how they help you and how you can better work with them. We will end with a guided meditation to meet with your Spirit Guide. Your investment is \$20.00. **Please register by September 20, 2007.**

### Raise Your Vibrations Teleclass - October 12, 2007

7:00 pm to 8:00 pm. The higher our energy is vibrating, the more filled with love, joy and abundance we are. This teleclass will give you specific steps to take to raise your energy vibrations so you can feel the wonder of life in every day. Your investment is \$20.00. **Please register by October 9, 2007.**

### All About Angels Teleclass - October 23, 2007

7:00 pm to 8:00 pm. Angels are beautiful beings of love and light who manifest in many forms and who exist to lovingly help, guide and support us in all areas of life. This exciting teleclass includes information to enhance your experience of and connection with the Angels and a guided meditation to meet your Guardian Angel. Your investment is \$20.00. **Please register by October 17, 2007.**

*A teleclass is a workshop in the comfort of your own home! All you do is call in to a US based phone number at the set time, and you will connect with all of us on the call. You will be charged your regular long distance charges, so I would recommend a cheap calling card from Superstore or 7-11. If you have any other questions or would like to register contact Glenyce at 853-6627.*

### Books Recommendations

Inspiration: Your Ultimate Calling by Wayne Dyer  
Your Sacred Self by Wayne Dyer  
Spirit Guides by Norma Kalina

Only those who avoid love can avoid grief.  
The point is to learn from grief and  
remain vulnerable to love.

*John Brantner*

## Upcoming Events at The Healing Room

### Reiki Workshops

**Level 1** – September 22, 2007 - your investment = \$170.00.

**Level 2** - September 7 & 23, 2007 - your investment = \$225.00. (these are 2 separate courses, you only attend one of the dates)

**Advanced** - September 26, 2007 - your investment = \$450.00.

**Masters** - September 27, 2007 - your investment = \$550.00.

Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life for any person, plant or animal. Your investment includes manual, vegetarian lunch & snacks. **Please register at least one week in advance.**

**Experience Reiki** - September 20, 2007

1:00pm - 3:00pm. Experience the amazing healing energy of Reiki in a group setting. Reiki will be explained, followed by a guided meditation and the opportunity to enjoy a group healing session, both as a receiver and giver. It is a wonderful and often profound experience! Your investment is a donation to the food bank. **Please register by September 17, 2007.**

**Women's Wellness Retreat** - October 19, 20 & 21

See page 3 for details.

**Discover Your Psychic Self** - October 27, 2007

10:00 am to 4:30 pm. We all use our psychic abilities every day, however, we generally lack awareness of them. This workshop will help you open up and begin noticing—and using—your own natural psychic abilities. Through discussions, exercises, and group work you will discover the amazing power of your intuition. You will identify, build on, and develop trust in your psychic strengths. Your investment is \$100.00 and includes handouts, lunch & snacks. **Please register by October 19, 2007.**

**To register for any of the above workshops/retreat please contact Glenyce by the date highlighted to pay the registration fee. Visa & Mastercard accepted.**

### Out of Town Workshops

**Please contact Provost & District Adult Learn for more information or to register for any of the following workshops - 780-753-2822**

**Beginner Meditation** - September 19, 2007 in Provost, AB

6:30 pm to 8:30 pm. Meditation is very important in our spiritual and physical lives. It helps to decrease stress and connects us to our inner guidance. This enables us to live our lives from Spirit rather than ego. In this amazing workshop you will learn the benefits of meditation, how to meditate and experience six different meditations.

**Reiki Level I** – October 13, 2007 in Provost, AB

Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life for any person, plant or animal.

**Law of Attraction** - October 14, 2007 in Czar, AB

The Law of Attraction states that you attract to yourself whatever you give your attention, focus or energy to; whether it is wanted or unwanted. This workshop will assist you to understand and work with this Law to create the life that your heart desires. We will watch the movie "The Secret", followed by discussion, group & independent exercises.

**Self Hypnosis** - November 7 in Amisk, AB

In this amazing workshop you'll learn the functions of the subconscious mind, how to work with it and how to hypnotize yourself. Self hypnosis can be used for pain management, decrease anxiety, healing your body and the list goes on and on. Any positive change that you want can be made with self hypnosis. The natural power you were born with is just waiting to be tapped into--it's all within the power of your mind! At the end of the workshop you will be guided through a hypnosis session for relaxation.