

CHAPTER NINE

LOVING LOSS

Salon





CHAPTER NINE



Use this playsheet to follow along, fill out and take notes during our Love Stories Revisited; Chapter 9:
Loving Loss Salon

Loving Loss Objective:

To create a new relationship with loss & embrace it fully with love.

What is your current relationship to loss?

BODY REVEAL TOOL

This is a tool for noticing and feeling into your body, and then speaking to the sensations happening in your body.

Your body is with you in every experience you have, and a Body Reveal speaks its truth. This is a practice of being in the awareness of your body, a way of advocating for it, and normalizing the sensations.

When one person speaks their **Body Reveal** it creates an implied or overt invitation for the other person to notice into their body and perhaps speak their body's truth.

This vulnerability can be disarming and allow for deeper connection. It may also allow for a noticing of a need, that when met, will allow for greater grounding and connection.

Body Reveal Example:

"I'm excited and nervous (emotions), and I can feel my heart beating fast, I'm feeling buzzy and I'm starting to feel really hot (body sensations)."

The Body Reveal Tool was brought to Eden World by Kismet Marlane, Sanctuary member since 2019.

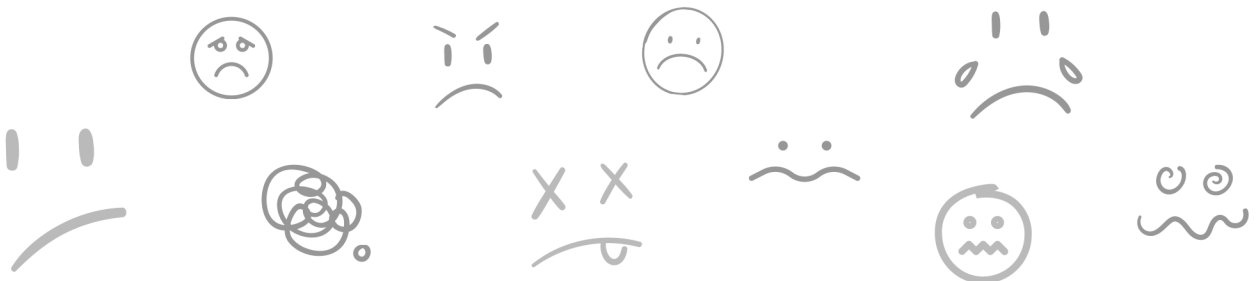


THE MANY FACES OF LOSS

Loss is a multifaceted concept that primarily refers to the state of being without something that was once present or available in one's life. It can be tangible or intangible.

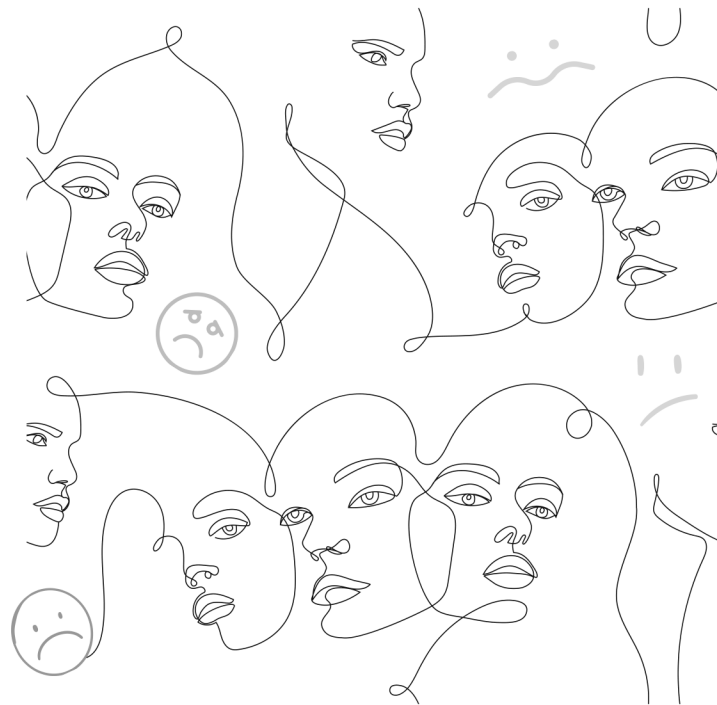
Here's a breakdown of different dimensions of loss:

1. **P**_____ **Loss:** This is the most evident form of loss and includes the absence of a person due to death, the loss of a significant object, or the loss of property, like a home to natural disaster. Physical Loss
2. **E**_____ **Loss:** Emotional loss may be felt when a relationship ends, through separation, divorce, or a falling out with someone important in one's life. Emotional Loss
3. **P**_____ **Loss:** This involves elements of identity or aspects of self, such as the loss of innocence, loss of confidence, or loss of security after a traumatic event. Psychological Loss
4. **S**_____ **Loss:** This refers to the loss of a social role or status, like losing a job, which can affect a person's social identity and networks. Social Loss



5. **F** _____ **Loss:** This type of loss is associated with the loss of physical or mental abilities due to illness, injury, or aging. Functional Loss
6. **E** _____ **Loss:** Sometimes loss takes on an existential dimension, such as the loss of purpose or the loss of faith, which can lead to a deep reevaluation of one's beliefs and values. Existential Loss

Loss is experienced subjectively and its impact can vary greatly from person to person, depending on individual resilience, support systems, and previous experiences with loss. It is often accompanied by grief, which is the emotional process of coping with loss.



THE MANY FACES OF LOSS

A WORD ON GRIEF

Grief is a natural, but deeply personal, response to loss and can affect every aspect of a person's life; emotional, physical, social, and spiritual.

Grief is worthy of a stand alone exploration or Salon, but because of the nature of this topic, we wanted to give you a short overview on Grief and to welcome its presence here with us today.

During this Salon, we will dip into grief, acknowledge grief, feel some levels of grief, and find love for our grief.

Grief might be expressed as...

- **Emotional reactions:** sadness, anger, guilt, anxiety, loneliness, helplessness.
- **Physical sensations:** fatigue, nausea, lowered immunity, weight loss or gain, aches, and pains.
- **Thoughts:** disbelief, confusion, preoccupation, sense of presence of the lost one.
- **Behaviors:** sleep disturbances, changed eating patterns, absent-minded behavior, social withdrawal.
- **Spiritual responses:** questioning faith or beliefs, finding or losing a sense of meaning.

“The pain of loss is so intense, so heartbreaking, because in loving we deeply connect with another human being, and grief is the reflection of the connection that has been lost.” - Grief.com



Learn more at: **GriefRecoveryMethod.com**

YOUR GRIEF IS AS UNIQUE AS YOUR LOVE

LOVE AS THE MEASURE OF LOSS:

Embracing Pain Through the Lens of Love

Love has an incredible power to enrich our lives, bringing joy, connection, and fulfillment. Yet, it is in the depths of love that we also encounter the profound pain and anguish of loss.

EXPLORING THE LOSSES IN YOUR LIFE

Take a moment to consider the losses you are currently experiencing.

They may be recent or from the past, but they are losses that still affect you today.

In the space below, list each loss that comes to mind. Next to each one, try to capture in a word or phrase the love or connection that this loss represents.

Do this individually first

Loss Experienced Individually	Love/Connection Represented
<i>Example: Loss of a pet</i>	<i>Companionship and unconditional love</i>

Loss Experienced Individually	Love/Connection Represented

**What are some losses you're experiencing together, as a couple?
Do this part together.**

Loss Experienced Together	Love/Connection Represented
<i>Example: Loss of a pet</i>	<i>Companionship and unconditional love</i>

MOCK COUNCIL SHARES

PROMPTS:

We invite you to share a **BODY REVEAL** with your Council Mates either at the start or end of your share.

What are some of the losses that you are currently facing/ feeling as an individual or a couple?

Is there a loss that came up today that you didn't know you had?



PRINCIPLES IN PRACTICE:

HOMEPLAY



Answer these questions later with your partner and/or your Couples Council

#4 WHAT'S IN THE WAY, IS THE WAY

We believe every problem contains the seed of its own solution and the impulse of evolution. Anything we perceive as an obstacle is an opportunity for our own development and emotional maturation. We trust that all of life is conspiring for our highest good and are grateful for the obstacles that we may initially perceive as in our way, because they point to a more noble path, giving rise to new opportunities, rewards and evolutionary ways of seeing and being.

In Eden, what looks like a problem is actually the solution. We work to show up for each other with open, undefended hearts, available for feedback and other perspectives, knowing that we all bring something of value. Seeking to find the truth in the middle, the highest possibility for all, we recognize that if something is triggered, it is gold and we explore it to discover the intrinsic value of our relational field of reflections, awareness and possibilities for growth.

In other words:

What seems like a mishap is actually transformational gold in disguise. Remember, a lotus flower blooms from the deepest and thickest mud.

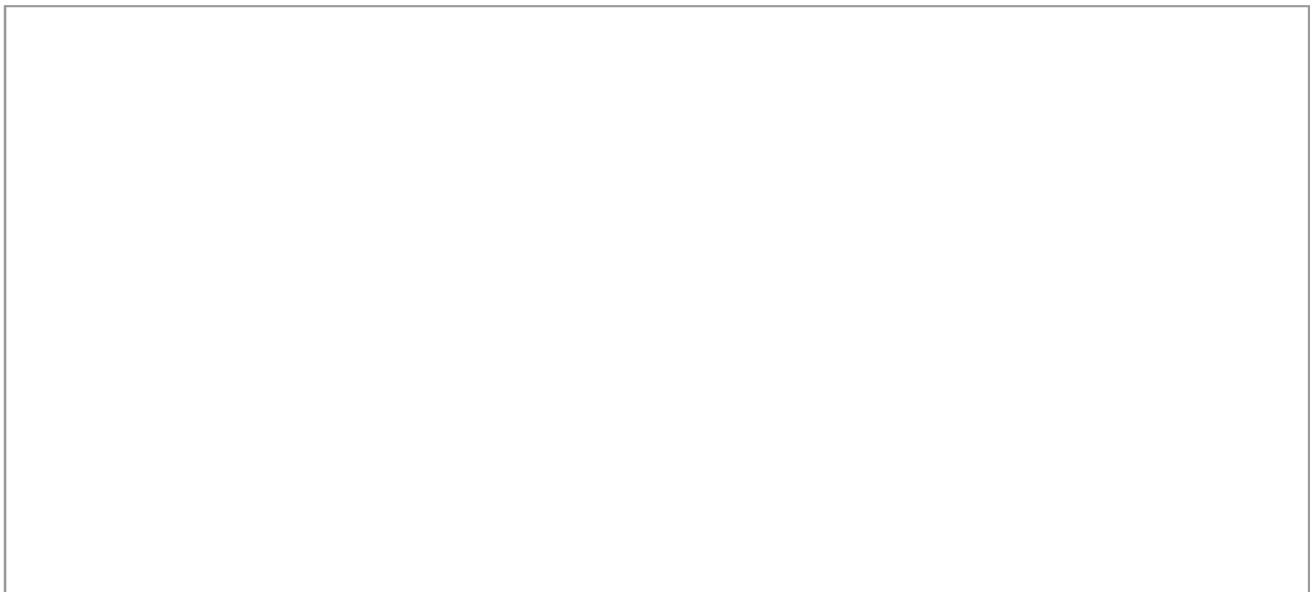
REFRAMING LOSS AS AN OPPORTUNITY:

When you reflect on a significant loss you've experienced, can you identify any personal strengths or new understandings about yourself that have emerged from navigating through this obstacle?



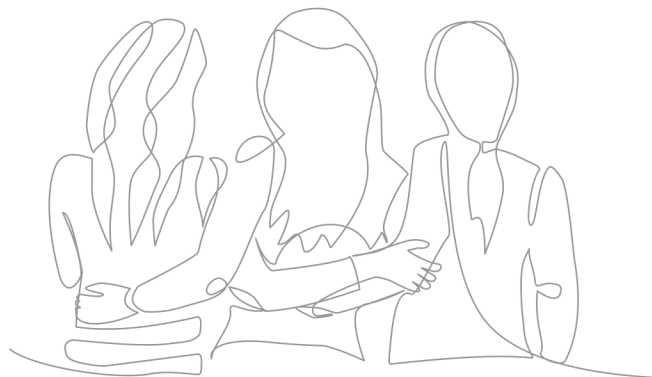
EMBRACING OBSTACLES AS TEACHERS:

How can the pain of loss be seen as a teacher guiding you toward a more evolved version of yourself, and what lessons do you believe it is trying to impart to you?



TRANSFORMING GRIEF INTO GROWTH:

In what ways has the grief associated with loss revealed to you new possibilities for your life, relationships, or self-perception that you might not have considered before?



#12 WE HOLD IT, TOGETHER

The way we love is guided by the belief that the individual is most efficiently healed in partnership. The way we hold community is guided by the belief that the partnership is most efficiently healed in community. Rooted in our sovereignty, we freely choose to love, serve and support each other, expanding the freedom, capacity and opportunities available to all of us.

Our struggles often feel personal, but when we reveal them to a loving community we recognize that the true nature of our struggles is, in fact, shared. We invest in each other's development and emotional maturation, and in doing so we find ourselves liberated from the same emotional and cultural inheritance of patterned thinking and stored trauma.

In Eden, when we have the courage to be vulnerable with each other and the generosity to hold each other tenderly in that vulnerability, we open ourselves up to a more expansive experience of love. Instead of trying to "hold it together" we hold it... together.

In other words:

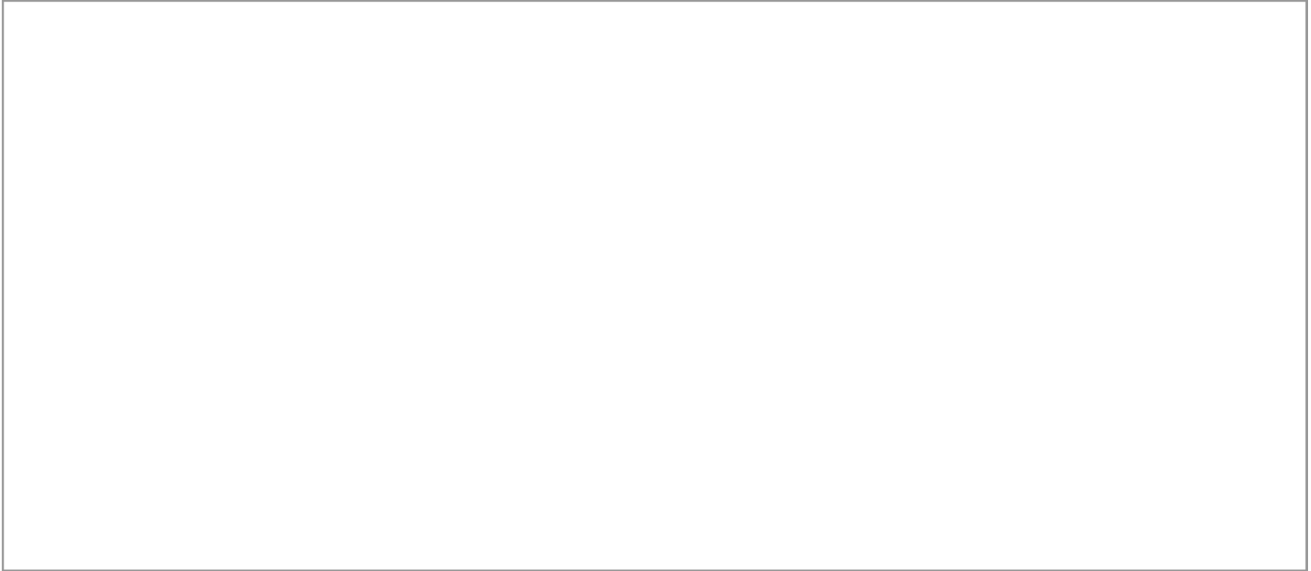
Being a lone ranger is a thing of the past. We are a tribe people and, as a tribe, we support each other and build each other up.

I got me, you got you... we got we!



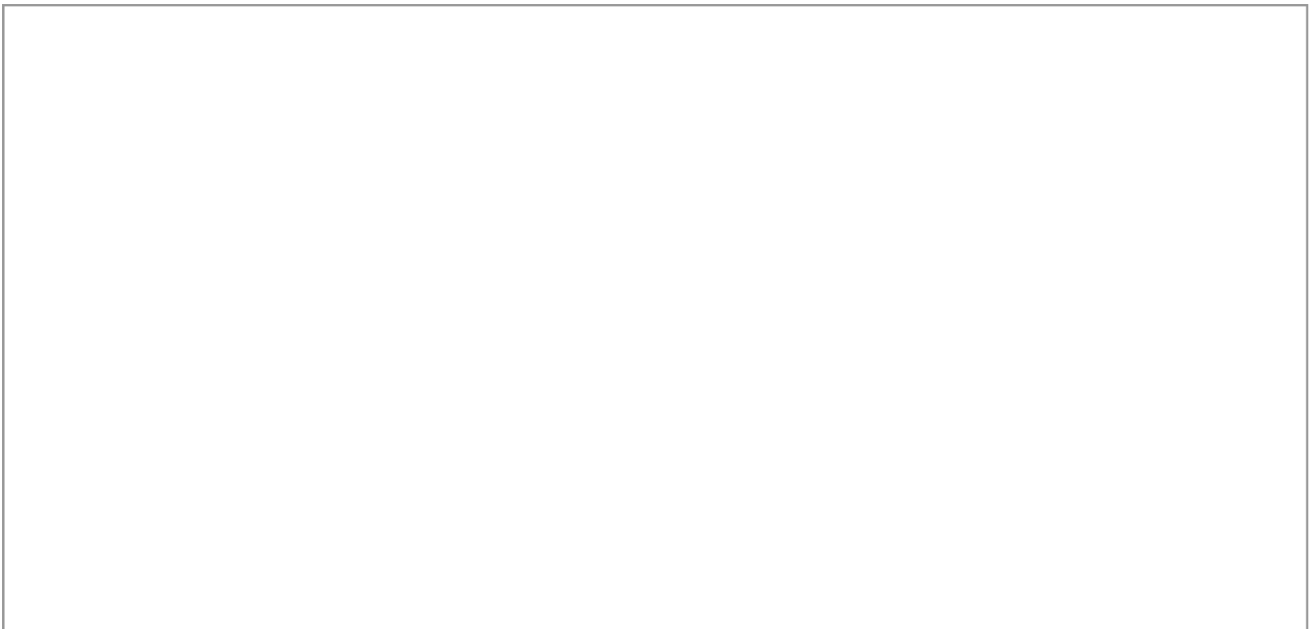
SHARED VULNERABILITY AS STRENGTH:

Can you share a time when discussing your experience of loss within a community made you feel more understood and less alone in your journey?



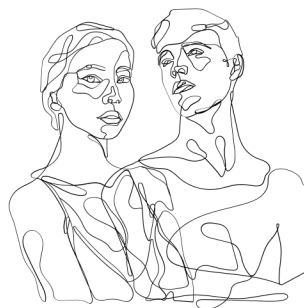
COLLECTIVE HEALING AND SUPPORT:

How has being part of a community helped you to heal from a loss, and what can we, as a community, do to enhance that support for each other?



MUTUAL GROWTH THROUGH GRIEF:

In what ways has your experience with loss become a point of connection and collective growth within this community, and how can we continue to cultivate a space where our vulnerabilities are met with empathy and strength?



TOP REGRETS OF THE DYING

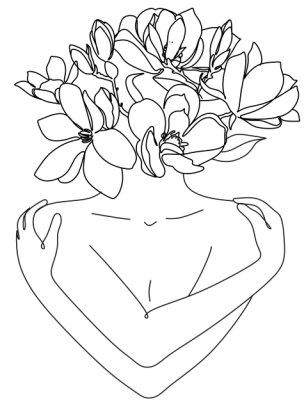
Bronnie Ware, a former palliative care nurse who wrote about her experiences in the book "The Top Five Regrets of the Dying" says that the top regrets of people who are dying are:

- 1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.*
- 2. I wish I hadn't worked so hard.*
- 3. I wish I'd had the courage to express my feelings.*
- 4. I wish I had stayed in touch with my friends.*
- 5. I wish I had let myself be happier*

LIFE IS MEANT TO BE LIVED

John & Luis's story reminds us that life is meant to be lived. And even when there are tough times, we can still find our path and way back to love, healing and connection.

- Life is not promised to us.*
- Life is to be lived for today as much as tomorrow.*
- No one gets out alive.*
- How do we live now?*
- How do we love now?*



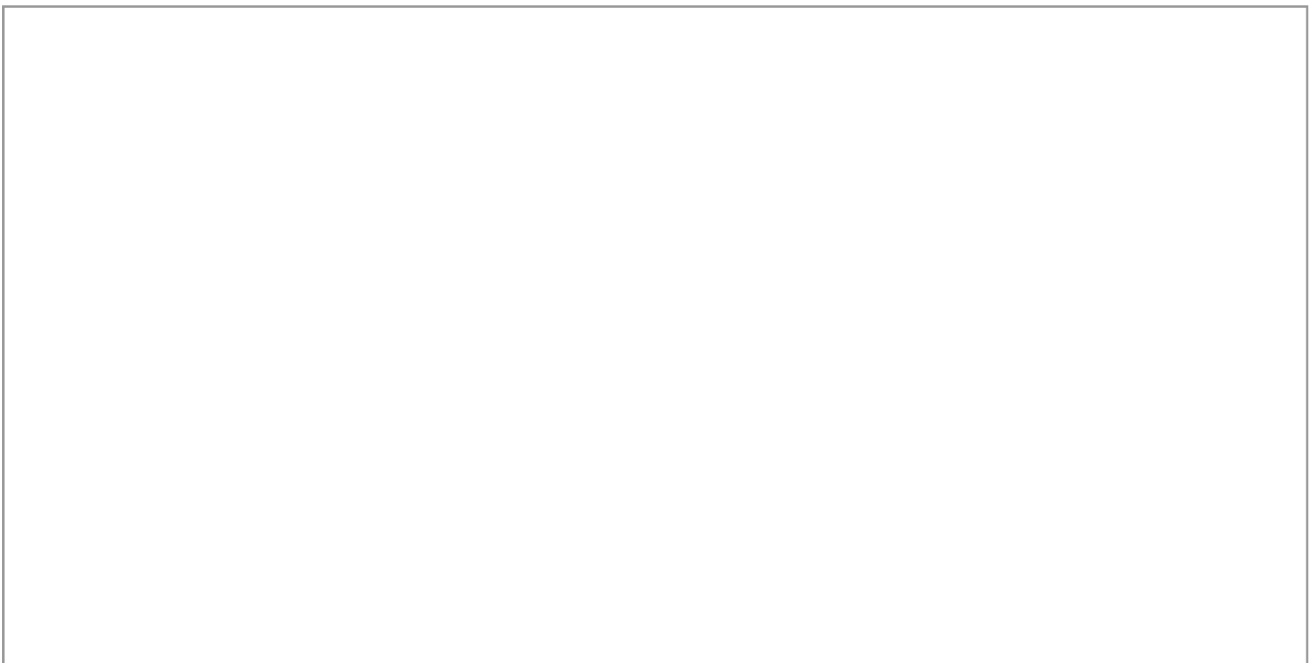
CLAIMING LOVE 1

Do this individually before you share with your partner

What part of your life can you LIVE more?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

What part of your life can you LOVE more?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

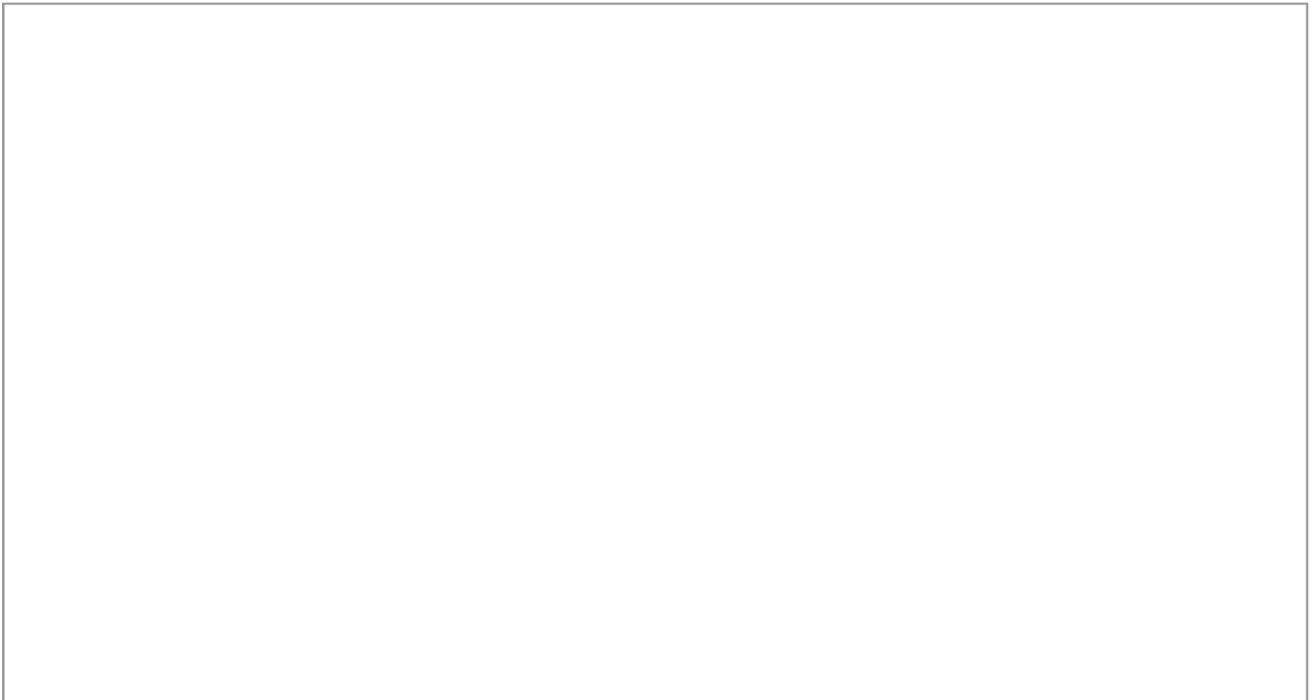
CLAIMING LOVE 2

Do this individually before you share with your partner

Where are you letting loss get in the way of living?



Where can you let LOVE guide you through your loss?



ACCESSING LOVE IN THE LOSS

HOMEPLAY



Answer these questions later with your partner and/or your Couples Council

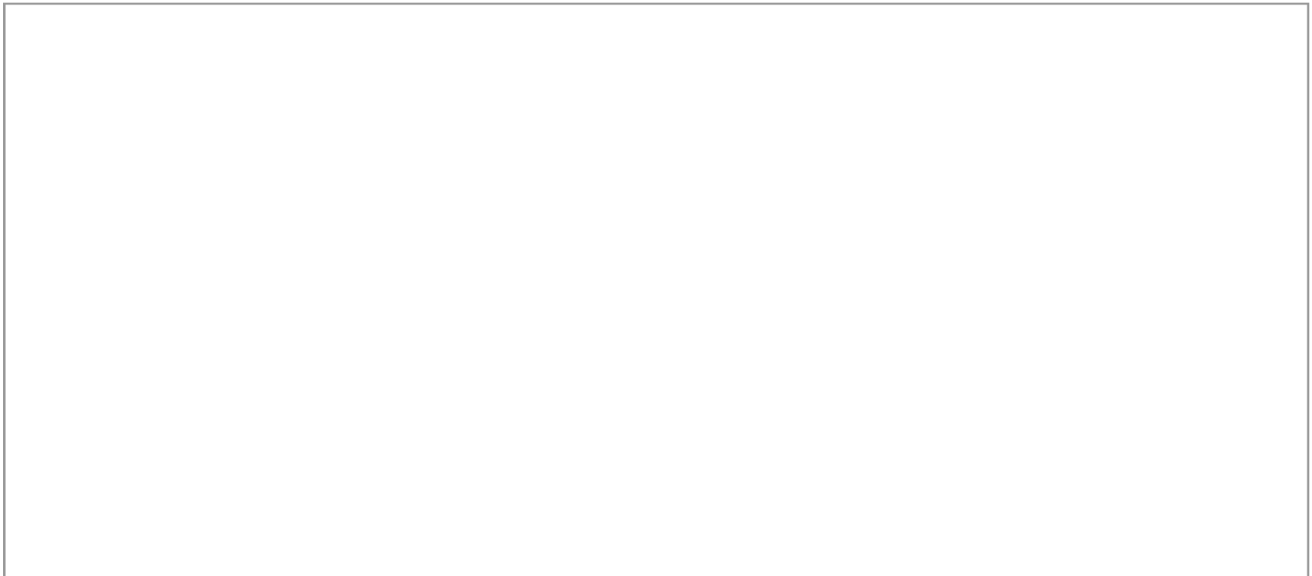
Within the depths of our losses lies a profound love waiting to be reclaimed. We believe that the very pain of loss is a measure of love once held—a love that remains, even when what we cherished has slipped away.

This approach invites us to seek out the enduring love behind our sorrow, to recognize it, and to hold it close. By claiming this love, we find a pathway through grief, a connection that endures beyond loss, and a deep affirmation of the depth of love this was and still is.

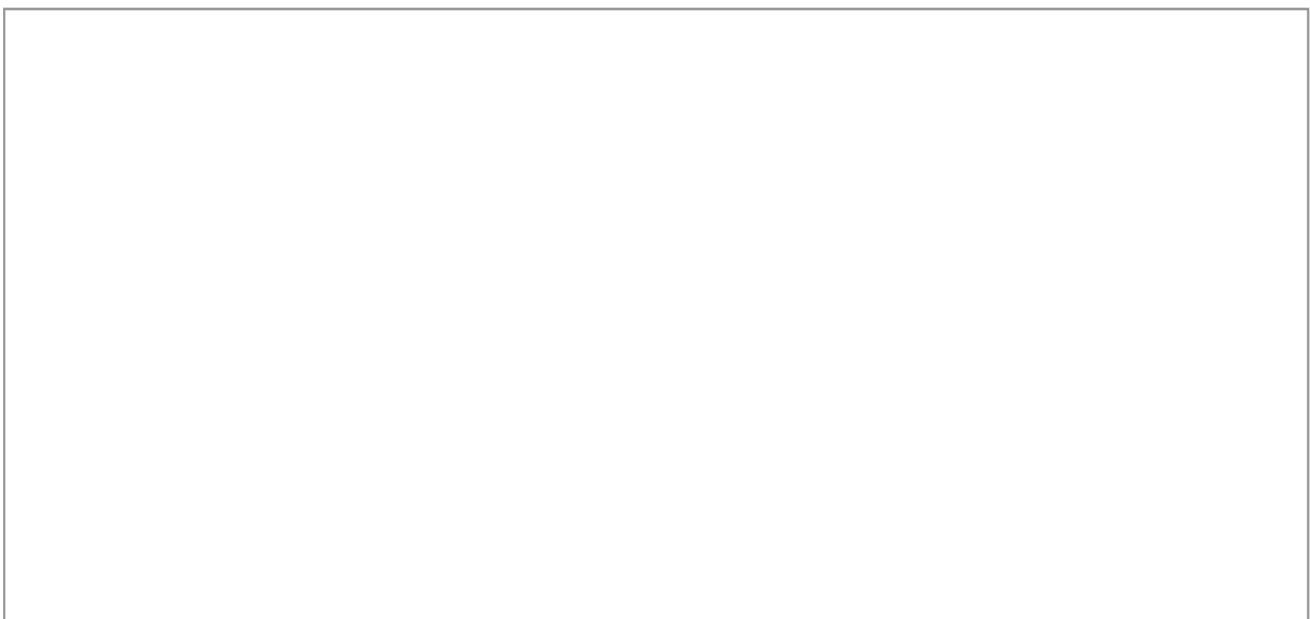
On the following pages are a few questions designed to help you access and experience love within loss.



Identify a moment of loss when you felt a sense of love or gratitude amidst the pain. How did that feeling manifest in your body?



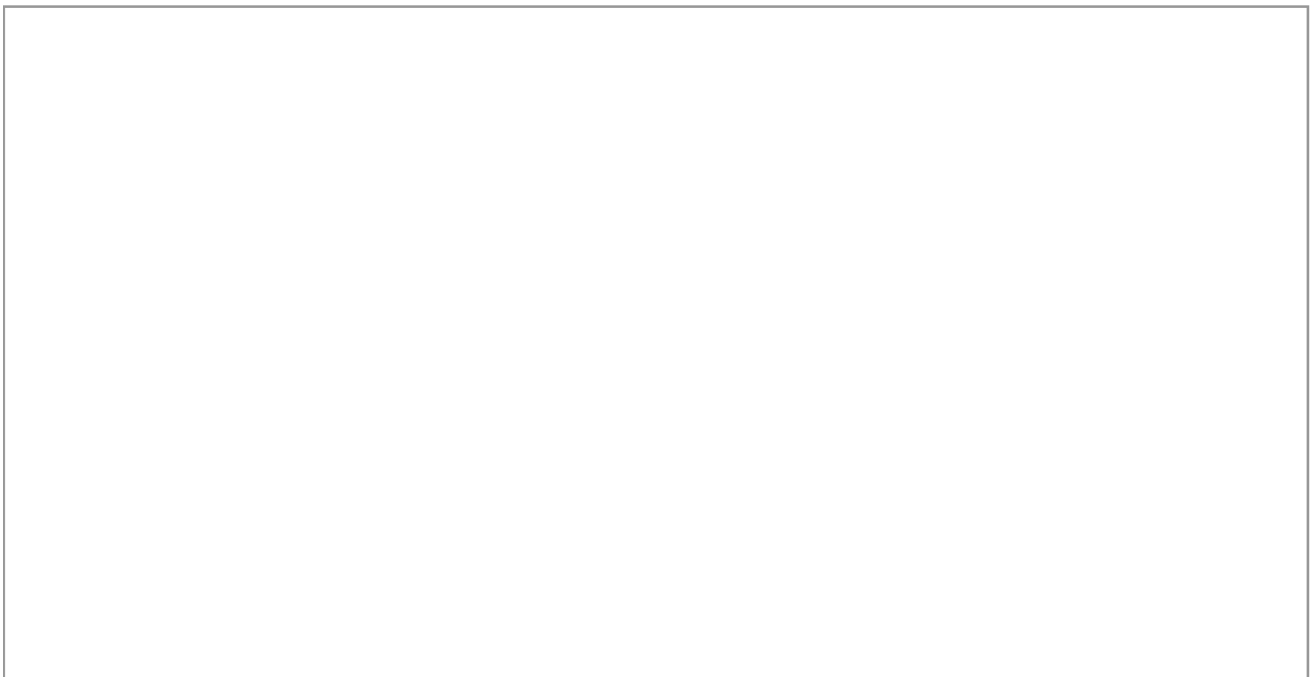
What would it look like for you to "reclaim" a part of your life that you felt was lost? Is there a specific action you can take today to start this process?



Reflect on a love that you've lost. What cherished activities or passions did you share with this person or thing? Are you willing or able to bring those activities back in honor of the love of this loss?



How have you been honoring the memory of your loved one or the connection you've lost? Are there specific rituals or actions that bring you comfort?



How can you create a space in your day to regularly honor and celebrate the love that remains from what you've lost?

Think about a hobby or interest you may have put aside after a loss. What has prevented you from re-engaging with this part of your life?



LOVE STORIES
Revisited

Lined writing area consisting of 25 horizontal lines for text entry.



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LOVE STORIES
Revisited
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