

Lean Into Loss

For Your Greatest Transformation



*A guide to help you welcome, lean in, and
be with your full experience.*

BY KELLEN PRIEST



Introduction

In the act of welcoming our present experience, we open the door to meet our own alchemy and the potent transformative energy of grief.

I intend for this eBook to be a resource for you. The breathing techniques and meditations are yours forever to add to your personal tool kit whenever you need them. These practices can be done together or on their own. Some of them might not resonate and that is okay. Take what aligns with you in this moment and leave the rest.

W.E.L.C.O.M.E.

“Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love. The only cure to grief is to grieve.”

-Earl Grollman

About Me



I know how difficult it can be to process the grief and all the emotions that might come along with it. You are not alone. There is no right or wrong way to feel your way through this process. I moved through most of my grieving journey on an intellectual level, where I would talk about it with a therapist or a trusted friend. It took me almost seven years to realize that I wasn't fully processing my grief, I still felt heavy and sad a lot of the time, which felt like for no reason at all. Yoga was a part of this awakening and realization that I could talk about my feelings and my grief, but I wasn't really FEELING them.

When my mother passed away in December of 2014 when I was 26 years old, my world turned upside down. In the midst of the holiday season, I was numb and in shock of what happened. I had no idea what to do to help myself. All I knew was that I wanted to get back to "normal". I wanted to get back to work as soon as I could. So, I contained the grief I didn't know how to feel. However, within the blur of that first year after my mom passed, I knew I needed something that symbolized the difficult journey I was on. I went on a solo backpacking trip across England, which led me to an injury, which led me to yoga and my path inward of deeper awareness of my body. This path is not linear. We will meet the same emotions time and time again. Each time we welcome them instead of resist them, we open to their wisdom and grief's innate healing. I send you love and light.

Kellen



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01 With

To “be with” and welcome is to meet this present moment with an open heart and a deep reverence. It is the resistance to feeling the grief that creates suffering as well as energetic blocks that keep us from experiencing the life we are living and the life we desire. When we are “with” ourselves in the midst of grief, we soften. This process is sacred and it validates the true expression of our hearts, our bodies, and our minds within the painful moments. The pain you are feeling from whatever loss you are experiencing is real and the more we can be with those feelings of loss, the more we open ourselves up to life and to actually living.



Grief is the healing...

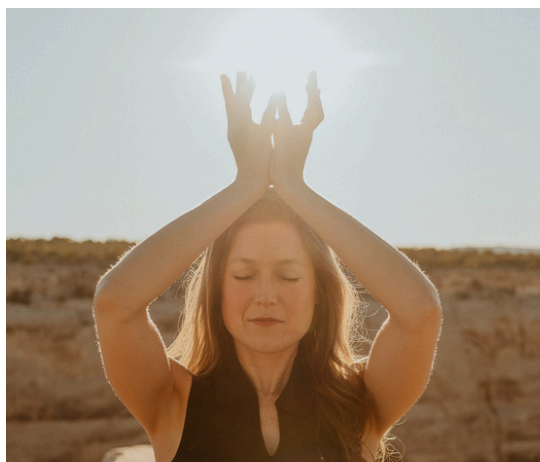
This is a practice of honoring and holding your tender heart. When we feel intense waves of grief, it can be difficult to sit with it; but through the process of being with our grief, we validate our experience and we allow it to move through us, and through that, healing can begin to occur.

Yoga poses to be with...

- 1 Seated Easy Pose with optional Hands on Heart



- 2 Childs Pose with optional Hands Down Sides



Exploratory action...

Seated Breathing:

Close your eyes.

Place your hands on heart.

Hold the loss and allow it to be there without trying to change it.

Armpit Breathing:

Sit or stand.

Extend your arms down by your sides, palms facing backwards. When you breathe in, raise your arms with the breath so that at the end of the breath your arms are up (and armpits exposed). As you exhale, slowly lower them again.

Guided Meditation: (click below)

[Holding the Loss with Compassion-](#)

In this space, you are invited to gently connect with your heart and embrace the experience of loss, holding it with compassion and openness. There is no need to change anything or fix what feels broken. Just allow yourself to be present with what is.

02

Explore



*“Though nothing can bring back the hour of
splendor in the grass, of glory in the flower;
we will grieve not, rather find strength in
what remains behind.”*

–William Wordsworth

Exploration is about inviting in a sense of loving curiosity to the process, and curiosity invites a sense of spaciousness. Where judgment might try to tell you how you "should" feel, exploring our emotions compassionately offers space for us to feel without the stories we try to attach to them. If we push grief away, we don't get to know what grief feels like for us in our bodies. When we have the awareness, we can then move forward with more care.

Exploratory action...

Lie down in a comfortable space. Tune into the felt sensations of the emotions. Notice the frequency around you: textures, colors, sounds, and images. Explore how this energy lives inside the body and where it is within. Also try while breathing through cat/cow stretches.



A somatic practice...

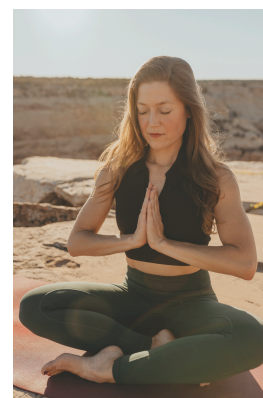
Somatic practices are a variety of techniques that can help you become more aware of your body and mind while promoting relaxation and healing.



Explore your expression through reflection and breathing. How does the body want to express this sadness or energy that you feel? How would this energy leave the body?

A guided meditation...(click below)

Explore-Within this meditation we will take a moment to tune into our inner world, observing without judgment the emotions and sensations that are present. We will explore with a compassionate curiosity.



“And by the sheer acknowledgment of the pain and grief I felt over my past, my present and my imagined future, combined with my ability to honor the validity of my feelings, peace began to present itself in small ways.”



03

Love

“

"The pain of grief is just as much part of life as the joy of love."

-Colin Murray Parkes

Loving as an expression...

To truly know grief is to truly know love. We live in a culture that pushes away grief. We don't allow ourselves to fully express and connect with our grief. But what if the gift of grief was a deeper love and connection to yourself? To others? What if grief gives you a level of appreciation for life that you couldn't have otherwise? Grief really does bring us to a full stop. It is meant to be felt and expressed, not pushed away. Honor that loss on the foundation of love.

Invite grief in and allow yourself to be with it as much as you can. This is where the healing can begin.

Grief opens you up to a new reality. Life will never be the same after we move through a deep loss. We all experience grief in different ways. If we were to allow ourselves to feel grief, do we even know what that fully feels like?

Grief is love being expressed after a loss. They are two sides of the same coin. Grief and love are powerful forces. When we grieve fully, we love fully.

Yoga Pose to be with...

Sphinx



Exploratory action...

Guided Meditation: (click below)

[Heart Chakra Meditation for Grief](#)-This meditation will guide you through a process of opening, soothing, and nurturing your heart, allowing you to honor your grief while offering yourself the compassion and space to heal.

Somatic Practice:

Find what feels nourishing in the body in this moment (sway, hip circles, forward folds, etc.) and move with that.

04 Courage

It takes a lot of courage to show up in a life that looks very different than what you thought. This practice connects you with your inner strength while also honoring our limits and boundaries through loss.

This isn't about showing up perfectly, grief is messy. This is about showing up in the best way that you can in each moment within loss.



“Grief is not letting go. It is letting in. Grief is not moving on. It is moving with.”

-J.S. Park



What if we explored the concept of grief being something to let in. To be with. Where grief has a welcomed seat at our table. What if we didn't have to try so hard to let go but rather just invited more of it in. Instead of pushing ourselves to move on, we move forward with the loss.

Grounded strength practice...

Warrior 2:

Stand with a wide stance, back straight, and arms extended from your shoulders. Your front toes point forward, and your back toes point out to the side. Stay low and honor.



Grief and loss is a force that cannot be stopped. It is within the resistance of anything that we create more suffering and pain. By deepening our capacity to let in the feelings of loss, we deepen our capacity to be with. They go together. They dance in the beauty of light and dark. For when loss is honored, it is validated. It takes courage to show up and live this.

05 Open

We feel grief because we have loved so deeply. And when we love so deeply, we risk the loss of that love, whether through choice or death. Within grief, acceptance is one of the hardest pieces to feel fully. You can acclimate to a new reality but to accept it feels far reaching at times.

Acceptance is the act of releasing. When we release something, we are met with grief. So when we find a place of acceptance, we are also met with grief.

If fully felt, grief can be the force that opens us up to the living. It cracks our heart wide open and in many ways, this experience is what it means to be human. Throughout your experience, I invite you to remain open and to soften.



“

"Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life's search for love and wisdom."

-Rumi



Exploratory Action...

Walking Meditation:

Create a somatic experience through grounding and walking barefoot outside. This widens and regulates your being.

Yoga Postures:

Reclined butterfly-lie on your back with your knees open in a diamond shape and the soles of your feet together.

Low crescent lunge-come to a low lunge position and extend your arms upward. Allow the hips to move forward and the chest to open.

Guided Meditation: (click below)

Open To What Is-This regulation meditation invites you to gently open to the present moment, cultivating awareness of your breath, body, and sensations. Through mindful attention, you'll create space to observe your thoughts and emotions without judgment, allowing you to ground yourself in the here and now. The practice helps regulate your nervous system, fostering a sense of calm and balance as you connect with the present, moment by moment.



06

Meaning

This practice is not about searching for why this happened and what meaning this loss holds for you. Rather, it is about taking the time to reflect with reverence on the value and meaning that person or situation brought to you and listen to what comes up. What message is here for you?

Lean into loss...

This might be something you lean into over and over. As you process one wave of grief or emotion, the next time you feel it the meaning and message may hold a very different piece of wisdom for you.



“This journey of life is one of both/and. We are constantly dancing in between the experience of one moment and the next.”

Exploratory action...

Meditation: (click below)

(I will expand)

Receive. Listen to the body and the sensations.

Yoga pose:

Easy Seated Pose with optional hands on heart, forehead, or above head.



07

Embrace



*"Grief can be a burden, but also an anchor.
You get used to the weight, how it holds you
in place."*

-Sarah Dessen

When we move through grief, we are thrown into unknown territory. Our mind and body become stressed on every level of our being. The changes that are taking place are difficult to embrace and this cannot be forced.



Within grief, we embrace life again by returning to our breath. Your breath is your anchor to be able to move forward. This process isn't about being okay with what happened but rather holding your experience with a deep reverence so that we can better relate to ourselves, our grief, and a seemingly different world than we ever imagined.

Exploratory Action...

Breath practice:

(audio or video) Allow the breath to be your guide.

Yoga pose:

Seated side angle pose- a twisting, forward bend stretch performed seated with the wide opening of the legs and hips, or optional cross legged position.



Conclusion

Storms are inevitable in life. Some are more intense than others. Some will challenge you to keep calm and trust that you will make it through. The storm is always changing. The winds are shifting, and the visibility is little to none as the rain intensifies and as you keep moving - because life keeps moving forward - you come to a spot where the storm lets up a little.

There's a moment to catch your breath. And then as you take your next step, you may move into another intense part of the same storm. Then you get to a point where you see light through the clouds upon the horizon; there's a break and you know you have made it to the other side.

You look in the rearview mirror to see the dark and ominous clouds with gratitude that you made it through. Through the storm and because of the storm, you have learned things about yourself that you couldn't have learned otherwise. You feel a grounded strength knowing that if you can handle that, you can handle anything.



Trust yourself. You are so strong. May you feel that strength in every part of your being, in every breath you take, and in every movement you make.

And as always, Shar(e)on Lightly.

[Book A Discovery Call](#)



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