



12 SPIRITUAL PRINCIPLES OF HOPE AND HEALING GRIEF – Short Version

1. Acceptance

By accepting that we alone cannot stop our pain we are ready to reach out for the support of others.

2. Hope

We came to believe that compassion and connection with others could help restore our hope for a better tomorrow.

3. Faith

We placed our trust in the belief that life could hold meaning beyond our sorrow.

4. Courage

As we courageously explored our grief in detail, we discovered that the loss that prompted us to begin our recovery journey was one of many that affected us.

5. Honesty

We experienced that honestly sharing our realizations and understandings with ourselves, others, and our Higher Power is not just freeing, it is life changing.

6. Willingness

A willingness to let go of the beliefs, regrets, and expectations that kept us tethered to our pain was the true beginning of healing.

7. Humility

We humbly reached out to others for support in replacing our broken places with hope and light.

8. Love

With love we connected to those – including ourselves – our grief had prompted us to push away.

9. Forgiveness

Knowing that grief is part of the human experience, we are gentle as we reconnect with those our grief had seen us distance from. Especially ourselves.

10. Perseverance

We continually exercise our spiritual muscle so we may live our life fully and be of the greatest service to others.

11. Awareness

We regularly find quiet moments to become mindful, meditate, or pray as we seek the next right thing to do to continue to grow our healing journey.

12. Service

Our journey of spiritual awakening has been supported by many. We bring our hard-earned hope and healing to all areas of our lives and share it with those who still suffer in their grief, assuring them they are not alone.