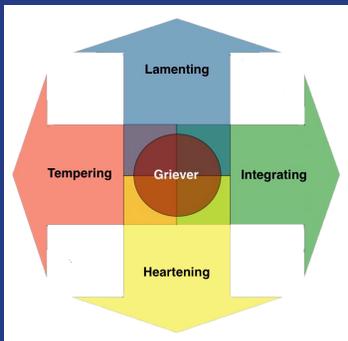


“Moving beyond suffering is learning to live with and without the pain in more ways than one.”

~ Shea Darian



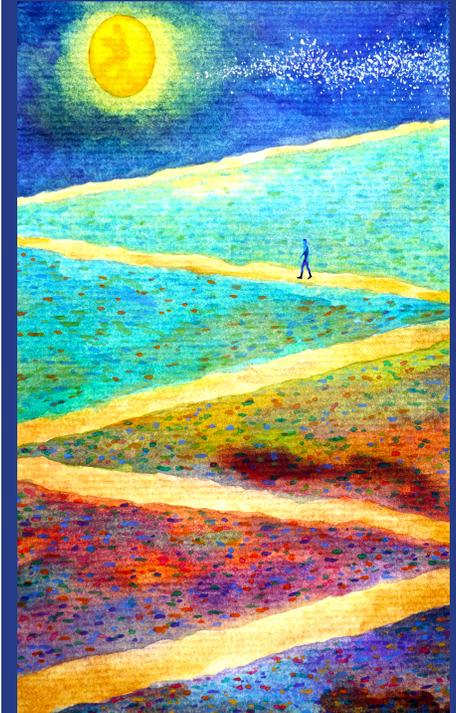
Grieving is a life skill that can provide healing for your whole being – body, heart, mind & spirit. Shea's Model of Adaptive Grieving Dynamics\* illustrates four types of responses to grief that are essential for healing grief-related suffering. These dynamic four are Lamenting, Heartening, Tempering and Integrating. Together they can serve as your compass to navigate all kinds of losses, and help you become more aware of your preferences, strengths and growing edges as a griever and a healer.

\*Published in *Illness, Crisis & Loss*, Vol. 22(3), 2014. Copyright by Charlene DeShea Bagbey Darian.



Shea Darian, M.Div. is an author, grief and family educator, and multi-faith spiritual director. In her work as a spiritual care provider, Shea serves those of all spiritual paths, faiths and philosophies. She is an award-winning author of books on grief and healing and family spirituality, including *Sanctuaries of Childhood: Nurturing a Child's Spiritual Life* (Foreword Book of the Year Award) and *Living Passages for the Whole Family* (Nautilus Award). Shea's new book, *Doing Grief in Real Life: A Soulful Guide to Navigate Loss, Death & Change* is a Nautilus and IPPY award winner for best new titles in Psychology/Mental Health. Shea lives with her spouse, Andrew, in Sun City, AZ.

## Doing Grief in Real Life



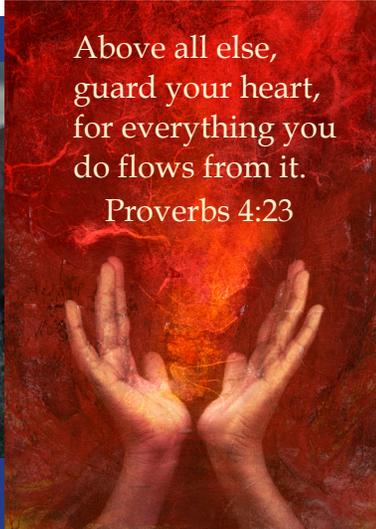
Healing Circles  
Grief Education  
Spiritual Care



Healing is a Journey



Above all else,  
guard your heart,  
for everything you  
do flows from it.  
Proverbs 4:23



## Healing Circles: Sacred Listening Small Groups

Healing Circles are confidential small groups of 4-7 participants who explore the depths of their personal grief and healing. Small group members engage in a contemplative, deep listening process with one another as each participant shares their personal stories of loss, grief, and change, and group members reflect on the healing wisdom revealed in each person's personal journey with grief and loss. Interludes of quiet contemplation create a deep listening experience that a past participant describes as an "expanded form of listening" in which "the listening and sharing give each in the circle profound energy, joy, gratitude and an expanded connection with being human." Healing Circles usually meet monthly. Participants commit to 4-5 sessions at a time. If you are interested or have questions, please contact spiritual director, Shea Darian at 602-419-4043.

## Doing Grief Community Healing Project

Online Healing Circles available. In-Person Healing Circles in  
Sun City, Central Phoenix & Tempe, AZ  
Email [Connect@DoingGrief.org](mailto:Connect@DoingGrief.org) or call 602.419.4043

**Visit [DoingGrief.org](http://DoingGrief.org)**

## WHO IS INVITED?

Those of all faiths and philosophies are welcome – whether you are in the throes of grief, exploring your strengths and growing edges for grieving and healing, or enhancing self-awareness, knowledge and skills as a professional care provider.

## IS THIS FOR PEOPLE GRIEVING A DEATH?

Yes and more. Grief-striking losses come in many forms: death, illness, injury, family dysfunction, conflict, injustice addiction, loneliness, trauma, social or political ills.... Grief can descend in good times, too. It's so mixed up with love and happiness, it can impact us even when it seems we have nothing to grieve.

## DO YOU OFFER TALKS & WORKSHOPS?

Doing Grief talks and workshops are offered on such topics as holistic grieving and healing, family dynamics, and life stage issues. Contact Shea for topics and availability at [Connect@DoingGrief.org](mailto:Connect@DoingGrief.org).