

WHOLE-SELF LOSS OR BEREAVEMENT HEALING©



Jon RG & Troya GN Turner

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL

W-SDDI

The Institute for
Whole-Self Prebirth
Psychology

Training Material for Students ONLY



Jon RG & Troya GN Turner,
Co-Founders & Co-Directors.

Waterrad 92, 1613 CR Grootebroek,
The Netherlands,
Email: Whole-Self@quicknet.nl

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



Jon RG & Troya GN Turner, Co-Founders & Co-Directors

Waterrad 92, 1613 CR Grootebroek, NL

Tel: (31) 228 513 630

Email: Whole-Self@quicknet.nl

UK Co-Director: Michael Reginald Whitley

Germany Co-Director: Sigrid Westermann

Greece /Cyprus Co-Director:

Olga Gouni

Mexico Co-Director: Maria de Leon

Italy / Serbia / Croatia Co-Director: Smilja Janjatovic Pugliese

WHOLE-SELF MORE LIFE DISCOVERY I: LOSS OR BEREAVEMENTHEALING

©1992 John-Richard & Troye Turner

36th Anniversary Revision©2006

280806

by Jon RG Turner & Troya GN Turner-Groot

**THE GENERAL PRINCIPLE IS TO BEGIN EVERY WHOLE-SELF SESSION
WITH THE WHOLE-SELF RADIANCE RELAXATION EXERCISE**

NOTE: In keeping with the **Whole-Self Psychology, Philosophy & Education** this exercise is a **gentle, loving, quick & especially compassionate** process to help heal **unresolved emotional patterns** of unhappiness, pain, sadness, depression, loss, separation, separateness, aloneness, isolation, rejection, etc. around:

- 1) The loss of a loved one, a relative or a friend;
- 2) The death may have occurred decades ago, years ago, months ago, last week, yesterday or blessedly today, tomorrow or in the near future.
- 3) In situations where a person is hanging on to life because s/he
 - a) **fears her/or/his own death;**
 - b) because s/he believes the **survivors cannot handle the death & would be put into unbearable pain or sadness.**
- 4) When the **person** your client is grieving about is in a **coma**.
- 5) This exercise may be offered individually or in a group.

NOTE: When you are working with a person who is in a coma the normal procedure is to do the **Whole-Self Releasing Exercise** either verbally or silently. As a second possibility, under certain circumstances, this Whole-Self Death & Bereavement Healing Exercise may also be adapted to be presented to the person in a coma to help balance that person's own fear of dying.

NOTE: A misconception in Psychology is that survivors must be angry at the person who has died for dying.
Usually the following sequence is not done until after the main D & B exercise which is further along. I put it here for people dealing with **anger** who might be so **trapped** in that reality that they would be unable to do the main sequence until they discover what their believed anger actually is. It can be used in groups after the main sequence because there can often be people who took comfort from their *belief*, their *reality* that they were actually angry.

EMOTIVE THERAPY VICTIMS

NOTE: Sometimes, clients will have attempted to resolve their grief through previous emotive therapies. Because people were not aware of, or who had suppressed their actual feelings, have gotten angry, it has been a common practice for therapist to program these patients with the idea that the natural reaction to a person's dying is to be angry at the departed person. Patients were encouraged to scream & yell & even to attack a symbol of the deceased in a physical gestalt with bats or pillows. The result was that the patient had a rush of adrenaline & because they felt physically different were led to believe that the grief was resolved. The simple fact is that **the grief was not resolved**.
An effective **Whole-Self** approach to helping patients who have experienced that kind of therapy to recognize the true nature of such therapies is to ask:

ASK: Have you ever sent prayers or loving thoughts
to the deceased? (the person who has died?)

NOTE: The answer is usually 'Yes!'

ASK: Why would you do that?

NOTE: The answer is that the patient believes that these thoughts keep a link; that in some way the **deceased receives benefit or comfort from the love**, the **good thoughts** or **prayers** being projected to the deceased. The **bereaved** patient is usually also comforted by the loving thoughts or expressions.

ASK: If you believe that good & loving thoughts reach the deceased,
than what happened to the deceased
when you projected to that person
negative or destructive, diminishing thoughts
or actions - behaviors of anger?

NOTE: During emotive therapy sessions people innately know that projected behavior of anger toward the deceased is wrong.

This is an incredibly profound moment. At this point, people may feel a **profound guilt, shame & humiliation** for having **attacked the deceased**. They were told by emotive therapists that **behavior of anger** was the way to

release from the **natural anger** they **should feel** when a loved one dies & abandons them.

This is because **supposed emotional release** through **aggressive behavior** at the instigation of emotive therapists is coming from the **head** & not from the **heart**. Because people **felt different** after the emotive episode, they believed (their Reality) that something has happened, that **somehow their anger is gone**. Again, something has happened. They had a **massive rush of adrenaline**. Everyone will have felt differently after any such explosion. The **hormonal conditioning** has **addicted** the person into a **behavior of anger** and **not a healthful process of release**.

On top of the **suppressed grief** had been added another **non-conscious layer** of **guilt, shame and humiliation**.

For **true healing** to occur, it is important to help people to discover what they were **actually feeling**. The following exercise enables people to gently release from their original grief & the additional guilt, shame or humiliation. Through the **loving Law of Karma**, each has an opportunity to come back together to balance that psychic aggression. It is better that this balancing is done now, consciously, through this exercise than non-consciously acted out in the future .

The above exercise may trigger **long buried** or **new feelings** of **guilt, shame or humiliation**. This intensification allows for a release from the heart of new feelings or feelings actually felt back when someone died & which had not been able to be expressed at that time. This **heartfelt grieving** offers release ranging from **gentle tears** (the most precious nectar in all of creation) to strong sobbing of sorrow from the heart.

ANGER AND DEATH

SAY: Think of the deceased person,
& feel how that thought feels.

NOTE: If the person says 'angry':

SAY: Please let yourself feel the anger
& what are the emotions you are feeling
beneath the anger?

NOTE: There are many emotion words. The most common are
'sad, disappointed, frustrated, alone, abandoned, rejected'.

SAY: Now feel sad, disappointed, frustrated (list feelings mentioned).
& what are the feelings you are feeling beneath
sad, disappointed & frustrated (list feelings mentioned)?

NOTE: The usual answer is 'scared, fear, afraid'.

SAY: Now feel the fear (whatever feelings mentioned).

& what are the feelings you are feeling
beneath the fear (whatever feelings mentioned)?

SAY: A basic Whole -Self principle states:

NOTE: The usual answer is in some way 'helpless, hopeless, powerless'.

THERE IS NO SUCH THING AS ANGER! IT IS SOMETHING ELSE!

Now I know what **THE BEHAVIOR OF ANGER** actually is.

Those **three levels** are all **cover-ups**
for what I was **actually feeling**
when the person I knew or loved **died**.

Under all what I thought was the **emotion of ANGER**
were actually **cover-ups** for my feelings of **sadness**,
disappointment, etc. (words mentioned) covering up **fear**,
covering up **feelings of helpless, hopeless & powerless!**

These were all feelings I did not want to feel
so I masked them all with the **BEHAVIOR OF ANGER!**

NOTE: Sometimes, there are people in the group who have never been touched by a death. The following exercise also can be used when there is a person who was admired or a pet whose death or loss was painful.

THE MAIN WHOLE-SELF DEATH OR BEREAVEMENT EXERCISE

©1992 by Jon RG & Troya GN Turner

NOTE: Pause long enough between questions to allow the persons or group to speak or write their answers. When possible use a name or title - mother or father etc.

- 1) **Breathe, please ----** Now, please allow your **Whole-Self** to let you
think of the person (or pet) who has died (or is near death) .
**
- 2) Whether you were **physically present** or not:
Please allow your **Whole-Self** to take you
to the place where that person is
just before that person dies.
**
- 3) Please allow your **Whole-Self** to let you
see that person **breathing** in that place.
**
- 4) Please allow your **Whole-Self** to let you
see that person **draw in the last breath**
that person will breath in that body (or in your relationship).
**
- 5) Please allow your **Whole-Self** to let you
see that person **release that last breath**.
**
- 6) And, as you **see that**,
in whatever way you know,
see the **spirit or the consciousness**
of that person **release from that body**.
**
- 7) That person can **hear my voice**.
**
- 8) That person can **hear your voice** or **thoughts**.
**
- 9) You can hear **sense that person's voice** or **their thoughts**.
**
- 10) I would like to ask that person:
When you **died**, did you experience **any pain**?
Not before you died,

but when your **consciousness separated** (or separates) from your body?

NOTE: If the person says 'Yes!' repeat the question until the person recognizes that there is no pain as the consciousness releases from the body.
It is important to separate pain before death & the actual release.

**

11) Please **tell** that person who has died your **exact** feelings
when you **heard** or **saw** that the person had **died**.

11a) Please tell the **total truth**! Please do not just make nice!

**

12) I invite that person to please **respond** to you.

Hear or **sense** their **response**, please.

12a) Have a **dialogue**, please. (Pause appropriately)

**

13) I would like to ask that person:

Why did you **die** in the **way** that you did,
at the **time** that you did?

NOTE: If still **living** you might feel it appropriate to invite that person to share with you what she/he believes will happen to her or him should she/he allow themselves to die. With or without that discussion please
ASK: Is it all right for you to die now?

13a) **Hear** or **sense** their **answer** & **respond**, please.

**

14) If there was any **unfinished business** between you & that person
I invite you to **speak** about that **now**, please.

14a) I invite that person to **respond** - hold a **dialogue** please,
in order to bring **understanding**, **resolution** & **peace between you**.

**

15) If that **person** has any **unfinished business** with you,
I invite that person to **speak to you about** it now, please,
in order to bring **understanding**, **resolution** & **peace between you**.

15a) I invite you to **respond** please, - hold a **dialogue** please.

**

16) I invite you to please **tell** that person what was the **most important**
gift, **teaching**, **learning**, **wisdom**, **lesson in life**
which you **received** from that person in your **relationship**.

or, from not having known each other.

**

- 17) I invite that person to tell you what was the most important gift, teaching, learning, wisdom, lesson in life which she/he received from having known you or, from not having known you.

- 17a) Is there anything else your Whole-Self wants you to know from or to tell that person. Yes or No?
If Yes, know what it is.

**

- 18) Knowing that you can renew this conversation whenever you want to, please bring this conversation to a completion in about a minute but please keep your eyes closed with that person still present.

**

NOTE: IT IS IMPORTANT TO ASK THE NEXT 4 QUESTIONS IN THE FOLLOWING ORDER.
--

- 19) I invite you to please give that person a gift;
a three dimensional object which you place in that person's hand.

**

- 20) I invite that person to give you a gift; a three dimensional object which that person places into your hands.

**

- 21) Please allow your Whole-Self to let you experience the symbolic meaning of the gift which you gave.

**

- 22) Please allow your Whole-Self to let you experience the symbolic meaning of the gift which you received.

**

- 23) Now I invite you to put your awareness at the top of your head.

**

- 24) And using your creative imagination, please open the top of your head & draw in again the Radiance which you experienced at the center of creation.

**

- 25) Please draw this Radiance...
into your heart center (pause 5-10 seconds) & your solar plexus
& feel it filling your heart & solar plexus
& healing your heart & solar plexus

from all of the **painful or diminishing emotions**
& **feelings** which had **connected** you to that person.

- 26)** And now, please **sense & feel** this **Radiance**
healing all the **physical sensations** of **painful or diminishing memories**
which you **once held** in your body & have **now released**.

- 27)** And when you **feel or sense** that your **heart...** your **solar plexus...**
your **Whole Body** has been **filled** with this **Radiance...** this **light...**
healed with this **Radiance...**
you can **gently open** your **heart**
& let this **Radiance...flow** through you
to this person to whom you have been speaking.

- 28)** I invite you to please **see or sense** this person **being filled** with this
Radiance....enveloped in this **Radiance....** embraced in this **Radiance**.

- 29)** And, when you see **that person** you have been talking with
become **so radiant** in this light
that she/he has actually **merges** into this **Radiance...**
become one with this **Radiance ...**
you can **gently close** your **heart center...** & the **top** of your head...
keeping this **Radiance within** yourself. (Suitable pause.)

- 30)** And now, you can **thank your Whole-Self**
& the **Whole-Self** of that person.

And, because you have been **very conscious & very wide awake**
when you want you can **gently open your eyes**. (Pause
appropriately.)

Some Optional Interesting Points which can be shared if appropriate:

When I hold onto one of my parents who has died

I am also holding on to family scenarios... dramas.

When I hold on to one of my parents or anyone else

I am holding on to karmic patterns

& the Law of Karma gives me the opportunity to TRY IT AGAIN!

FOUR FACES OF GRIEF

1) **Denial:**. Refusing to accept the fact that the person has died or is about to die.

2) **Guilt:** 'If I had known!!!' 'If I had only...!!!'

With Behavior of Anger to cover up actual feelings

towards deceased/departed, ill/diseased,

towards medics, helpers, advisors, family, others, etc..

3) **Disorientation & Depression.** Often not noticed by others - important to see.

4) **Integration.** Acceptance of the fact of the person having died or is about to die.

As a survivor, being able to start my life anew.

CONCLUSIONS

Through my Whole-Self, I have discovered
my reality about death & I have brought my reality into truth!

- One:** Although there may be pain or suffering before death,
at the actual **separation** of consciousness from the body
there is no pain!
- Two:** Although the person's **body** is no longer here
that **person's** consciousness is vital.
- Three:** I can **renew** that conversation silently or aloud
with the **consciousness** of that person **whenever** I want.
- Four:** The ***fact*** of death does not cause me pain, but resisting
a) the ***thought*** that the person is dead causes me pain.
b) of what I **believe** happens at death causes me pain.
My resistance may be colored or influenced by my **religious belief**
about what happens at or after death.
- Five:** My **diminishing beliefs** about death can be sourced in me from:
a) **Consciously**, my cultural &/or **religious upbringing**
about **death/judgment/hell**.
b) **Non-consciously**, to my **Past Life Echoes** holograms,
particularly my **PLE memories** of any **suffering** at death.
- Six:** In this exercise, I **released** myself from the **pain**
when I **stopped resisting** the **thought** that
the **person** is **dead** or is no longer with me.
- Seven:** The importance of **releasing** any **inappropriate attachments** to that
personality such as having **created** a **shrine, sanctuary** or **museum**
in the **place** or **room** where the **deceased** lived.
When I maintain such a place, it is not out of **honor** but to **sustain** my **pain**
(***pain=love***) which had **bound** me, perhaps **inappropriately**,
to that **living, dying** or **dead person**.
- Eight:** By **assisting** that person into the **Radiance** or **Light**
I became the **loving instrument**
of that **person's total release** into the **Radiance** -

the Unconditional Love of Creation.

Nine: My best mirror may be gone

& I have to create a whole new picture of my life.

Ten: The Exchange of Gifts is beautifully symbolic.

When I think of the gift I gave, it lets the person know I want to talk.

When the gift I received comes into my awareness

it lets me know that that person wants to talk with me.

I can say “Hello!”

NOTE: Although as a general guideline, we respect each person's willingness to share or to not share what they have just done, I, as you & they, will discover that often there is an incredible difference between their simply going through the exercise & actually speaking it. While writing, the conversation is still secret. When it is shared verbally, a very powerful, yet extremely gentle release of emotional blockage - of releasing the secret- takes place.

Speaking the experience, even a general summation, is truly one of the most important healing moments possible.

If a group SAY either:

- 1) Would anyone like to share what you experienced with all of us? OR**
- 2) Now you may separate into pairs & share your experience.**

NOTE: After the sharing & discussion, please say to the group:

One last question! Please think of that person now!

(Pause & observe.)

How does that memory feel now?

When there is no reactive feeling, the healing is complete!

Those who would like to share are welcome to do so

