



Grief as Hygiene for the Soul

This month invites us into remembrance—of the brave souls and dear ones who no longer walk beside us in physical form. The Ginkgo tree from a quiet morning in Central Park felt like the perfect companion for this reflection. Its golden leaves, like tiny heart-petals, shimmered in the mist and carried stories of courage, loss, and hope. As one of the oldest living trees on Earth, Ginkgo stands as a gentle witness to our human cycles of holding on and letting go.

Grief, paired with gratitude, is a kind of hygiene for the heart and soul. Just as we wash our hands to stay well, we also need ways to cleanse the deeper layers—those hidden pockets of sorrow and the unspoken goodbyes that linger quietly. Grief isn't something to “get over,” but something to move through with tenderness, allowing our inner landscape to soften and breathe again. This brings inner peace and makes space for new beginnings—an inner space-clearing that echoes the profound shifts we create when we restore integrity in our homes through energy clearings of our outer environment and invite harmony back in.

My Book Recommendations

Gentle, trustworthy voices in the grief space



- **The Grief Recovery Handbook — John W. James & Russell Friedman**

A practical and compassionate step-by-step process for moving through unresolved grief.

- **On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss — Elisabeth Kübler-Ross & David Kessler**

A foundational book that introduced the five stages and brings immense comfort and clarity.

- **The Wild Edge of Sorrow — Francis Weller**

A poetic, soulful exploration of community grief, ancestral sorrow, and the deep well of healing available when we turn toward our pain with reverence.

- **When Things Fall Apart — Pema Chödrön**

Warm and wise teachings on how to stay present and open-hearted during difficult times.

- **No Death, No Fear — Thich Nhat Hanh**

A gentle reminder that nothing is ever truly lost; everything transforms. His words offer such calm, steady comfort.



4 Gentle Ways to Move through Grief

1. Let your feelings take the shape they need

Grief comes in many forms—waves, whispers, heaviness, numbness. There's no right or wrong way to feel. Simply noticing where you are today ("I feel heavy," "I feel angry," "I feel quieter than usual") brings a soft layer of compassion to your experience. Naming it where you are today can be very soothing.

2. Give your grief somewhere safe to land

Create a safe, sacred spot where grief can express itself. Light a small candle, hold a flower, create a handwritten note—these form a container for emotion. The nervous system softens when grief knows it has a place and doesn't need to hide, be suppressed or be carried everywhere.

3. Let the breath move what the mind cannot

Slow, intentional breathing helps emotions move through the body instead of becoming stuck in it. Try exhaling a teeny bit little longer than you inhale. Imagine the exhale carrying out a bit of tension each time. You don't have to force anything—just give your body a chance to soften. Often the breath can move things the mind doesn't know how to do.

4. Allow your tears to flow when they come

Tears are one of the most natural ways our hearts release pain. When they show up, let them come. Don't apologize or explain—just breathe and allow. Tears often leave the body feeling lighter, clearer, and more grounded. They are a quiet form of wisdom and the tiny heart openings allow your Spirit to shine a light into the crevices of sorrow, and heal.





A Short Ritual to Access and Release Deep Grief The Ginkgo Heart-Petal Ritual (10 minutes)

- 1) Sit comfortably with a leaf, a stone, or your hand on your heart.
- 2) Breathe gently and bring to mind what or whom you are grieving.
- 3) Whisper (or write) the sentence that your heart most needs to say:
“I miss you.” “I forgive you.” “I’m still learning how to live without you.”
- 4) Imagine the golden leaves of the Ginkgo falling softly around you—each leaf carrying a small piece of your sadness back to the Earth.
- 5) When you feel complete, place the leaf or stone outside, symbolically returning the sorrow to nature where it can dissolve.

This ritual is grounding, simple, and deeply compatible with Feng Shui’s principle and the Art of Space Clearing of moving stagnant qi.

