

Grief and Bereavement Groups

The Lotus Center is offering monthly, donation-based grief and bereavement groups for our clients and the community. These groups are a bit different in that they are not therapy groups; however, they are therapeutic. In Lotus Grief Circles, there is no crosstalk, fixing, or advising, and we invite silence to take a seat. In general, there is quite a bit of silence. Silence is important because it creates room for each individual's internal healing intelligence and contemplative practice to emerge.

We provide a safe space for participants to sit with the sacred emotions of grief and pain or any other feelings that might present. The goal is to be with feelings and/or emotions as they materialize from the heart. We encourage participants not to intellectualize or label their feelings. We simply allow a space in which participants can experience them fully and naturally.

When we feel an emotion fully and naturally—as its own entity—and allow it to run its course, we can follow it through to the end. As feelings reach their peak and run their course, they transform and become something new. They will emerge as something different.

As we allow feelings to move through us, we are left with new information, or we might feel more clarity, and we can integrate all of this new information into our healing journey. In our personal healing journey, there is no finish line, but there is continuous transformation, and this change becomes the only constant.