



# The Lightworker's Guide to Healing Grief

*Tina Erwin*

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## **The Lightworker's Guide to Healing Grief** Tina Erwin

Look around you: someone you know is grieving something – a death, a divorce, injury, property loss. Maybe that person is you. In *The Lightworker's Guide to Healing Grief*, author Tina Erwin explores the effective use of practical grief tools to help anyone heal grief. Have you ever wanted to know: • What can you say to a parent who has lost a child? • How do you help a grieving family? • How do you explain death to a child of any age? • Why is crying so important? • What is a death gate? • How do you heal the physical problems of grieving? • How do you get to know yourself again after your tragedy? • What is a grief wave and how do you deal with it? • If the dead grieve their own passing? The answers are in this insightful book, which offers the compassionate words to say, the practical actions to take, and the deeper insights to guide you. Whether you use this book to help yourself or you share it with someone else, this is a tool that will help anyone who reads it, seeking to understand, to heal and to grow. Tina Erwin, CDR, USN, Ret, has studied the spiritual side of life for many years, gaining insight into the interpersonal relationships at the heart of everyday living. These intense studies were further enhanced by the experiences of a dynamic 20-year career in the Navy, working for the U.S. Submarine Force, retiring at the Commander level.

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