

## Dealing with the Death of a Loved One

The death of a loved one is one of the most traumatic experiences in life. If you lost a near and dear one recently, this tool may help you assess your state and access some sources of divine knowledge to help you cope with your loss.



This tool has two Parts. Part 1 is designed to identify your inner state and Part 2 offers resources that may help you to move on in life. Remember, change takes time.

### **Part 1: Identify Your Inner State**

1. How recently did you lose a loved one in your life?
  - Between 3-6 months (too close in proximity; grief is natural)
  - Between 6-12 months (start using strategies to heal)
  - Between 12-18 months (use strategies actively to heal and prevent mental health concerns)
  - Over 12 months (use a multipronged system of support to actively to heal and prevent mental health concerns)

2. What was the impact of this loss on your physical, mental, and emotional state?

1.
2.
3.
4.
5.

3. What strategies did you use to manage your life after trauma? Check the ones used.

- Sought support from close friends/relatives – allowing them to lend support
- Conversed with others about the departed soul to process the loss
- Started a new routine minus the loved one
- Physically moved to a new location
- Took responsibility for caring for others who are grieving
- Sought professional grief counseling
- Drew inner strength of purpose from scriptural/spiritual knowledge

4. To what extent have these strategies worked?

- Worked very well to enable me to move on and accept the loss. *(This demonstrates your inner strength and a renewed purpose in life.)*
- Seem to be working for the most part but sudden events reverse the state. *(This state is natural. As long as you are taking steps to actively heal, you will recover.)*
- Are not working out for me and I am unable to let go. *(You may want to seek or continue to seek professional grief counseling and draw upon scriptural/spiritual knowledge consistently to prevent mental health issues. You may need to find your true purpose in life which is enabled through scriptural/spiritual knowledge.)*
- Not looking for coping strategies and prefer to grieve. *(This appears to be a 'red flag' situation that could result in mental health issues. Please seek professional grief counseling and connect with a spiritual organization to learn the true knowledge to find meaning and a true purpose in life).*

## **Part 2: Spiritual Resources for Support**

Critical Message	Related Resources
One who is born will also die someday. The cycle of life and death is eternal until souls attain God	<ul style="list-style-type: none"> <li>• <a href="#">Bhagavad Gita Verse 2.27</a></li> <li>• Video: <a href="https://youtu.be/7GBsJpFCPXY">https://youtu.be/7GBsJpFCPXY</a></li> </ul>
The physical body is an instrument for the soul. The body perishes but the soul is eternal and does not die	<ul style="list-style-type: none"> <li>• <a href="#">Bhagavad Gita Verse 2.13</a></li> <li>• Video: <a href="https://youtu.be/-FU9zrrZEdg">https://youtu.be/-FU9zrrZEdg</a></li> <li>• Book: <a href="#">Questions You Always Wanted to Ask</a></li> </ul>

<p>All relatives from each life are for a single lifetime only, i.e., temporary, but God is our eternal relative with whom we should establish a loving relationship</p>	<ul style="list-style-type: none"> <li>• <a href="#">Bhagavad Gita Verse 9.18</a></li> <li>• Video: <a href="https://youtu.be/KKmv89PiUJE">https://youtu.be/KKmv89PiUJE</a></li> </ul>
<p>We know that people die every day, and we need to realize that someday we or our loved ones will die too because no one is immortal</p>	<ul style="list-style-type: none"> <li>• <a href="#">Bhagavad Gita Verse 2.11</a></li> <li>• Video: <a href="https://youtu.be/pzBAvOOB7vU">https://youtu.be/pzBAvOOB7vU</a></li> </ul>
<p>There is wisdom in moving on for the sake of both – yourself and the departed soul that may experience pain upon seeing you in pain. Detachment from temporary relatives and attachment to God, our eternal relative is of prime importance</p>	<ul style="list-style-type: none"> <li>• Video: <a href="https://youtu.be/TLgoW2h7tIQ">https://youtu.be/TLgoW2h7tIQ</a></li> <li>• Video: <a href="https://youtu.be/RhfUJHbyFhM">https://youtu.be/RhfUJHbyFhM</a></li> </ul>
<p>Wherever the mind is attached at the time of our death, that is the state we will attain in the next life. Attaching the mind to God/Guru is the key</p>	<ul style="list-style-type: none"> <li>• <a href="#">Bhagavad Gita Verse 8.6</a></li> <li>• Video: <a href="https://youtu.be/RhfUJHbyFhM">https://youtu.be/RhfUJHbyFhM</a></li> </ul>

Hope this tool provided some opportunity to reflect on the need to heal and ways to enable a survivor to move forward from the death of a loved one.

If you need to speak with anyone about any part of this assessment, please feel free to contact us at [samarpanteam1119@gmail.com](mailto:samarpanteam1119@gmail.com). Please also give us some time to respond. Thank you.