

Hermetic Angel Messages

[PDF version](#)

[Note: Today is the 21st day of the moon cycle which was sent yesterday.

Also, today the sun is in 2 Leo, also sent yesterday.

Today's sun message of 3 Leo will be tomorrow's message.

My apologies for the errors, am still recovering from 4 days of no internet, hopefully all is corrected now.]

The following exercise awakens stages of healing for the passing of beloved family members and friends.

*Print out for your emotional healing workbook.
Feel free to share this exercise with others.*

8 Questions to Facilitate Mourning Death

c. Paul Michael Schlosser PhD. 2002

If you are answering these questions by yourself, allow plenty of time to answer deeply each question.

Write down insights, feelings, and memories that come up with each question. By doing this yourself, you may take as much time as you like, even days and weeks, to ponder deeply each question and come up with the answer.

It is helpful to have a journal to write down your insights over time.

If you are facilitating another, write their answers down and have plenty of paper on hand to do so.

Give these answers to the grieving person upon completion of the exercise.

First, simply allow the mourner to talk (emote) about anything they spontaneously want to say

[while you listen respectfully in silence]

until they reach a stopping point.

Then, pause for a few moments of silence after they stop to ensure that they are finished.

Next, you ask for permission to guide their further processing via a series of ordered questions,

"Do you mind if I facilitate the further processing of your feelings about _____?"

[Write the name of the person who has passed on in the blank, below we use the name John as an example].

(If the answer is yes, then you set the stage for the practice you are about to do in order to get an agreed upon “container” or general

methodology).

For example, “I’d like to help you release all your feelings about (John) .

I’m going to ask you a question like, ‘What are you feeling about John’s death?’ which will be my first question.

Just answer with the first thing that comes into your mind regardless of whether it makes any sense, is irrelevant, is repetitious, or any other rational consideration.

Trust your automatic response to be what you need to allow to come out.

I won’t be judging you regardless of what you say, and this process works best if you don’t either.

Just allow whatever comes out to be OK\ with you—regardless of content.

Go with your first reaction.

OK?”

“After you complete each reply I’ll say something validating your right to say anything you please, such as, “Thank you for sharing.”

“Then I’ll ask the same question again, & you again respond with the first thing that comes into your head, etc. We continue going deeper into the heart, asking the question again and again,

as many times as it takes until you feel an intuitive completion with the question.

...Do you understand?...Are you ready to begin?”

(When you get the OK, just ask the question, listen, & validate each reply with

‘Thank you for sharing’, & ask it again and again.)

Questions

#1 “What are you feeling about (John)’s death?”

(Continue asking each question for at least 10-20 minutes—at least long enough that the intensity of the responses seem to be getting more & more subdued.

The length of time to ask each question will vary with the ‘juice’ you get. Stay with intensity.)

#2 “What has upset you (the most) about (John)’s death?

#3 “Tell me one thing you’ll miss about (John).”

#4 "What was beautiful to you about (John)?"

(If "beautiful" is not exactly the right word, you can substitute another word which is more acceptable to the mourner, such as 'special', 'inspiring', etc.)

#5 "Say everything you still need to say to (John) in order to 'finish' with him?"

#6 (Optional, depending on the outcome of Question #5)

"If he were here in this room sitting right across from you, what would you say to him now?"

(Often, it's best to close eyes during this exercise.)

**#7 "What has he taught you that you will carry on in your own life?" OR
"What quality in him do you see also in yourself that you'll carry on?"**

#8 "How would you like to remember (John)?"

("Anchor that impression somewhere in yourself, such as your heart. How does that feel?")