

LIVING WITH GRIEF

There Is No Right Way to Grieve

Grief and joy can live in the same heart.

Healing Hearts Medium
Created by Theresa

Grief, Healing & Continuing Bonds • Resource #01

A Note From Theresa: Grief Doesn't Skip the Medium

For anyone doing this kind of work, there is something I want you to know: **grief doesn't skip us over.**

I have been developing and working as a medium for more than 12 years, and during that time I have experienced plenty of grief of my own.

I lost my granddaughter, **Adalie**, when my daughter was seven months pregnant. She was stillborn. I've lost my 35-year-old nephew. I've lost my father, my grandmother, friends, and in-laws.

Being connected to the spiritual world didn't protect me from any of it. I still grieve. I still miss them.

And I need signs from my loved ones just as much as anybody else does. The signs I receive - especially from my granddaughter - are part of what keeps me going.

One of the greatest lessons grief has taught me is that joy and heartbreak can exist at exactly the same time.

A little over five years ago, I became engaged to the man who is now my husband. Within a week, we lost my granddaughter.

Something beautiful and something devastating happened within days of each other.

That experience has always reminded me that we are spiritual beings, but we are also human beings having a very human experience.

There can be tremendous grief. And there can still be **sprinkles of joy.**

I don't believe grief is something we simply finish. I haven't finished grieving my granddaughter. **I am living with my grief, and I expect I will carry some part of it for the rest of my life.**

But I've learned that carrying grief doesn't mean we stop living.

Sometimes we need to put things on a shelf for a while. I have stepped away from my own spiritual development during periods when grief was simply too heavy. When I was ready, the calling was still there.

One of the things that helped me tremendously after losing my granddaughter was writing *Adalie the Angel Becomes a Sister*. Creating something from that love and loss became part of my own grief journey.

Helping other people has also helped me. When I am not doing this work, I feel as though something inside of me is missing. I know this is what I am meant to do.

So if you're grieving right now, I don't want this guide to tell you to 'move on.' I don't want to tell you how long grief should last. And I certainly don't want to tell you that being spiritual should somehow make grief easier.

You are allowed to grieve and still experience joy.

You can miss someone desperately and still laugh. You can have a wonderful day and still love the person who isn't here to share it. You can put something down when grief becomes too heavy - and pick it back up when you're ready.

Grief and joy can live in the same heart.

With love,
Theresa
Healing Hearts Medium

1. There Is No Correct Timeline

Grief does not follow a neat schedule. Some days may feel surprisingly manageable, and another day months or years later may bring the loss close again.

A song, smell, holiday, birthday, photograph, familiar place, or ordinary moment can suddenly bring emotion to the surface.

A difficult day does not mean you are going backward, and a good day does not mean you are leaving your loved one behind.

2. Grief Can Hold More Than One Feeling

You may feel sadness and gratitude, anger and love, relief and guilt, loneliness and connection - sometimes within the same day.

Grief is not a test of how much you loved someone. You do not need to stay miserable to prove that the relationship mattered.

- Laughing is allowed.
- Resting is allowed.
- Being angry is allowed.
- Wanting company is allowed.
- Wanting to be alone is allowed.
- Feeling joy again is allowed.

3. The 'Sprinkles of Joy'

When grief is heavy, joy may not arrive as a big transformation. Sometimes it comes in tiny moments.

- A grandchild's laugh.
- A favorite song.
- Sunlight through a window.
- A memory that makes you smile instead of cry.
- Coffee with someone who understands.
- A walk outside.
- A meaningful sign or coincidence.
- Creating something in honor of the person you love.

You don't have to chase joy. Simply give yourself permission to notice it when it appears.

4. Signs and Continuing Bonds

In my own grief, signs from loved ones - especially Adalie - have been deeply meaningful to me.

Some people experience dreams, meaningful coincidences, songs, familiar scents, animals, objects, or moments they personally interpret as signs. Others do not experience signs, or may not notice them while grief is especially raw.

You do not have to receive a sign in order for your love or connection to be real.

If a sign feels meaningful and comforting to you, you can simply receive that comfort without needing to prove it to anyone else.

5. Staying Connected in Everyday Ways

A continuing bond can also be created through ordinary acts of remembrance.

- Talk to your loved one if it comforts you.
- Write them a letter.
- Cook a favorite recipe.
- Play their music.
- Keep a photograph or meaningful object nearby.
- Visit a place you shared.
- Create an annual tradition.
- Tell stories about them.
- Make art, write, garden, volunteer, or create something in their honor.

The relationship changes after death, but memories, love, and meaning can remain part of your life.

6. When You Need to Put Something on the Shelf

There have been times when my own grief was too heavy for spiritual development. I had to put it on a shelf for a while.

That was not failure. It was recognizing what I needed.

If you have a calling, a project, a spiritual practice, or something you love, you do not necessarily have to abandon it forever because grief has interrupted it.

You are allowed to pause without giving up.

When you are ready, you can return slowly.

7. Helping Others While You Are Grieving

Helping others has been meaningful in my own grief journey, but service should not become a way to avoid your own pain.

If you work in a helping or spiritual role, check in with yourself. You may need fewer appointments, stronger boundaries, time off, or support of your own.

You are human before you are a helper.

8. Difficult Dates and Unexpected Triggers

Birthdays, anniversaries, holidays, the date of a death, family celebrations, and milestones can all carry extra emotion.

Consider making a gentle plan before a difficult date:

- Decide whether you want company or quiet.
- Give yourself permission to change plans.
- Create a small remembrance ritual.
- Limit obligations if possible.
- Tell someone you trust that the day may be difficult.
- Plan something comforting for afterward.

There is no requirement to commemorate a date in a particular way.

9. When Spirituality Helps - and When You Need More

Prayer, meditation, mediumship, signs, rituals, nature, journaling, and spiritual community may provide comfort. They can be meaningful parts of a grief journey.

They do not replace professional grief or mental-health support when you need it. If grief is making daily life feel unmanageable, reaching out to a qualified professional or trusted support person can be another form of caring for yourself.

You do not have to choose between spiritual support and practical support. Both can have a place.

10. A Gentle Grief Check-In

What am I missing most today?

What emotion needs permission to be here?

What would feel supportive today - not what do I think I should be doing?

Was there a small sprinkle of joy today?

Is there a way I would like to remember or honor my loved one this week?

11. A Letter to Your Loved One

If it feels right, write without worrying about grammar or making it beautiful.

Today I wish I could tell you...

What I miss most is...

Something that made me smile when I thought of you...

What I hope you know is...

12. When Joy Returns

One of the complicated parts of grief can be the first time you genuinely enjoy yourself again. Sometimes happiness is followed immediately by guilt.

If that happens, remind yourself:

Joy does not erase love. Laughter does not erase loss. Living does not mean forgetting.

Your life continuing is not a betrayal of the person who died.

A Final Thought From Theresa

I am not through my grief. I am still living it.

I expect grief will continue to change shape throughout my life, just as love does.

The signs I receive, the work I do, the people I help, and the book I wrote after losing Adalie have all become parts of how I carry that love forward.

But I also give myself permission to be human.

We will all know grief in some form. It may be one of the things we have most deeply in common. And still, there can be sprinkles of joy.

You don't have to rush toward them. Just let yourself notice them when they come.

With love,
Theresa
Healing Hearts Medium

Continue Exploring

The Grief, Healing & Continuing Bonds section of the Healing Hearts Medium Resource Library will include additional resources on signs from loved ones, continuing bonds, remembrance, and navigating grief with compassion.

Take what helps. Leave what doesn't. There is no one right way to grieve.

This guide is for educational and personal-reflection purposes and is not a substitute for professional mental-health or grief care.