

THE WILD HEARTS

FIELD GUIDE FOR GRIEF

SOCIETY OF WILD HEARTS



ISSUE NO. 01

CREATED BY AYESHA OPHELIA

EDITOR'S LETTER

Grief strips you naked. It cuts through the layers and layers of bullshit. It can also feel like all of the other layers of hidden grief and sadness are aroused for you to look at. We are in desperate need of traditions, practices, and rituals to guide us as we: mourn the loss of relationships, deaths, sudden changes, diagnosis, pain in the physical body, and all of the other micro losses we attempt to navigate on a regular basis. This guidebook and course is my attempt to share all of my best tools, practices, and rituals in community with each of you.

This space is ultimately a container for co-creation. Although I am acting as guide or doula, I too am human and my own suffering is what has made me a capable of holding this type of space.

Thank you for trusting me. Now place your hand on your heart and give your body a blessing. Tell it you are here in the name of love and anything that arises can and will be lovingly moved to create more spaciousness.

xo,

Ayesha Ophelia



WEEK 1

CANDLE LIGHT VIGIL



Imagine yourself walking slowly into a beautiful courtyard. The smell of herbs burning is in the air. Bright pink flowers are on the ground from a giant nearby bush. Candles are everywhere. More candles than you have ever seen. There are 13 cushions and I am seated on one of the cushions.

Find your seat. Make yourself comfortable. Light the candle in front of you. Take a big deep breathe.

We have arrived at initiation number 1: The candle light vigil. Here we will soften our gaze as we examine our collective intention and share conversation and stories around how the soul experiences pain and loss.

This is a space of flow not force. Much of this work will be loosening the grips we have on the hidden well of feeling we all have in our physical form. Emotions will likely begin to release as each initiation progresses... Just allow. All is divine. All is perfect.

Week 1 Soul Work

1. Candle gazing, or *trataka sadhana*, involves staring at a single point—often a flame. It originated in India and is thought to strengthen the third-eye chakra, as well as deepen meditation practices in general. Take 5 minutes 2-3 times in the next week and focus on the single point while silently communicating with your soul around grief and sadness. Take note of what occurs.
2. Each initiation we will form a group question, consensus, practice or questions. Write that here or in your journal and commit to practicing with yourself.





Begin reading here.

The body keeps score. Not because its an evil tyrant but because its biological reason is life, truth, and love.

It hears every word you don't mutter or feeling you aren't ready to feel and it turns them into a cocktail of chemicals that not only affect our physical form but sends out a corresponding signal into the universe. Hello Heart Math institute.

Initiation 2 is looking at the wisdom of the body and learning how and what it does to protect us.

Wear something you can move in. Be in a space you feel comfortable moving and emoting.

This week the body is the guide. We will feel through its wisdom and sensitivities.

Week 2 Soul Work

1. Touch, kneed, move, dance, soften, and work within the body for the remainder of this week. Feel don't think you way through 1-3 weekly touch movement sessions.
2. Each initiation we will form a group question, consensus, practice or questions. Write that here or in your journal and commit to practicing with yourself.

Resource Books: You can Heal Your life, Your Body Keeps Score, The Healing Power of the Sacred Woman + links to talks and somatic videos in the private portal

WEEK 2

HOW THE BODY UNDERSTANDS GRIEF



WEEK 3

THE STORY TELLERS

STORY TELLING WITHOUT THE STAGE
FRIGHT. PART CREATIVE WRITING.
PART MYTH. ALL TRUTH.

STORY



TELLING

Week 3 Soul Work

1. Free write your story from the unique perspective of your body, or your grief as a separate yet connected entity.
2. Each initiation we will form a group question, consensus, practice or questions. Write that here or in your journal and commit to practicing with yourself.

WEEK 4

Lay It To Rest



Deeper we go.

A ceremony of release. Letting go. Facing death in a controlled safe space. Allowing the energy of transformation to compost the old. Wear all black if you desire.

Week 4 Soul Work

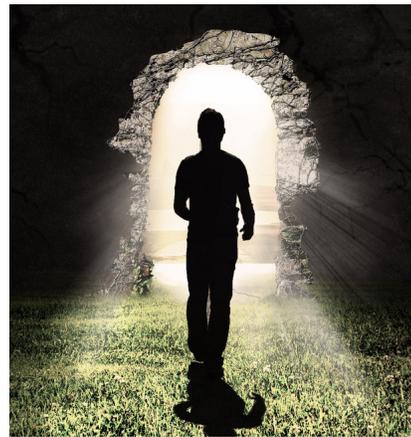
- *You will receive an email week 3 to prepare for our evening together. It will be a written journal exercise.*
- *Each initiation we will form a group question, consensus, practice or questions. Write that here or in your journal and commit to practicing with yourself.*



WEEK 5 REBORN INTO THE LIGHT

You are able to sense into the space that has been created in your life and in your body. They say nature abhors a vacuum so what have you filled this space with? More aliveness and light is my hope.

The last initiation is going to prepare us to walk into the rest of lives with a



new set of tools and beliefs. Wear all white if you like.

Week 5 Soul Work...stay tuned.