

Chrysalis Medicine: Grief & Growth as Ritual

Grief is part of Earth's rhythm and the human experience. It moves through the transition of days, rainfall for flowers, the breath between words. It reminds us that death is not the opposite of life—but what animates aliveness, itself.

1. Listen to the Meditation
2. Create a Ritual of Grief & Growth

Develop a practice of regenerative grief to share with yourself, your clients, and Mother Nature. An example is included, but individuality is encouraged.

Pause and Prepare

Begin with clearing a small space; a pot, a plot, or a portion of Earth. Before action, pause to introduce yourself to the land with intentions. Listen for whispers from Great Mystery, nature, and within.

Weeding the Garden

As you pull, ask: *What am I untethering in myself?*

As you discard the weeds, notice where they 'go'—
Can they become compost? Can you extract the wisdom or see what is being nourished beneath—like worms turning waste into fertility?

And as space is made—whether or not you have seeds ready—attune.
What does the soil need? Water, nutrients, rest? *What do you need?*

This ritual doesn't have to take place in the garden.
It might equally be found in a cup of tea, an altar refresh, an intentional walk

Grow Through Grief

Create a small ritual that honors both grief and growth.
And if you feel called, record it—so that you may return to your own Chrysalis Medicine when another season of transformation arrives.

