

The Chris W Mason Grief Ministry

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The Chris W. Mason
International Ministry
offers
Relief
in Your Time of Grief

Understanding Some of the Steps of Healing

Grief is a universal language but it is the method of handling grief that is so unique and personal. Grief is a normal response to the loss of any significant person or loved one and can be devastating and overwhelming, at times unexpected.

No one can say how long the mourning process will last. For some people it may take a few weeks, a few months or even a few years, but how a person grieves depends on (1) personality, (2) background, (3) religious beliefs, (4) cultural environment and (5) relationship to the deceased

In most cases do not expect overnight recovery, but rather try to remind yourself that others have recovered and you will too in your own time, with patience, meditation, prayer, God's help and the right information.

The loss of a loved one can take you on an unknown and unfamiliar rollercoaster ride. Not knowing when the next hill will drop you to the bottom can be frightening, but knowing where the next drop will be will help you to brace yourself. Because every loss is different, every mourner will grieve in his or her own unique way.

Listed are some of the effects of grief:

1. Shock and denial
2. Loneliness
3. Tears and weeping
4. Fear of future loss
5. Pain and hurt
6. Anger
7. Expressed resentment
8. Unexpressed resentment
9. Guilt and regret
10. Boredom
11. Antagonism
12. Content
13. Recovery and readjustment

Deep Breathing

Grief may be harder for a person who is unable to control or express his or her feelings or emotions. Correct breathing can calm our emotions when we pray and meditate for God's guidance and reach to friends and family members who have experienced grief.

The following exercises were designed by Chris W. Mason to maximize the positive effects of deep breathing and possibly calming your emotions when you feel the need for renewed balance in your life.

1. Sit with your back straight, close your eyes and picture in your mind a pale blue triangle with flowing water. On the left side there is the word "deeper" and on the right the word "relax".
2. Inhale through your nose concentrating on the word "deeper" as you imagine traveling to the top of the triangle.
3. Exhale through your mouth concentrating on "relax" as you travel down the opposite side of the triangle.
4. Count slowly to five and repeat the exercise until your emotions calm.

The most important step towards healing grief is knowing that God loves you and accepting the reality that your loved one is now gone to a higher level. 1 Peter 5:7 says give all your worries and cares to God for He cares about what happens to you.

If you believe that this information will help you, then it will. If you believe that it might help you, then it might. If you believe that it won't help you, then it won't; so believe that this information will help you.

Mr. Chris W. Mason is an international teacher, speaker, lecturer, advisor, evangelist, television and radio talk show host for all people. His ministry is now being heard and viewed in the United States and in Europe.

For further teaching on the philosophy and works of Mr. Chris W. Mason, please visit his website www.chriswmason.com or contact him by phone at (901)743-7705 or by email at www.chris@chriswmason.com

