Finding Your Way: How Spiritual Healing Can Support Grief

Understanding grief and the search for comfort

Grief is a deeply personal experience that can surface after a significant loss, a life transition, or a profound change. It does not follow a straight path, and what helps one person may not help another. For many, the weight of grief feels isolating, as if the rest of the world continues while they are stuck in a fog of sadness, confusion, or even numbness. Finding a form of grief healing support that resonates with your own beliefs and emotional needs can make a real difference in how you move through the process.

Spiritual healing offers an alternative or complement to traditional counselling or talking therapies. Rather than focusing solely on the cognitive or behavioural aspects of grief, it works with the emotional and energetic layers that may feel blocked or heavy. The idea is that grief is not just a mental event; it can settle in the body and affect your energy, leaving you feeling drained, anxious, or disconnected. Spiritual healing aims to help release that stagnation and restore a sense of balance.

If you are in Queens Park or the surrounding Sydney area and are curious about how this kind of support might help, there are practical steps you can take to explore it for yourself. What follows is a gentle, step-by-step guide to approaching spiritual healing as part of your grief journey.

Step 1: Recognise where you are in your grief

Before you seek any kind of support, it helps to check in with yourself. Grief can show up as sadness, anger, guilt, or even relief. You might feel physically tired, lose your appetite, or find it hard to concentrate. These are all normal responses. Acknowledging that you are struggling is not a sign of weakness; it is the first step toward finding what you need.

View the location on Google Maps

Take a quiet moment to sit with how you feel. Ask yourself what you are hoping for. Are you looking for relief from emotional pain? Do you want to feel more connected to the person or situation you lost? Or are you simply exhausted and need someone to help you carry the weight for a while? Being honest about your state can help you choose a type of grief healing support that matches your current needs.

Step 2: Learn about spiritual healing approaches

Not all spiritual healing is the same. Some common methods include Reiki, energy clearing, guided meditation, and intuitive guidance. Each works a little differently, but they share a core principle: that healing can happen when energy is allowed to move freely through the body and mind.



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For someone grieving, a session might involve lying down or sitting comfortably while the practitioner gently places their hands near or on you, channelling energy to areas where you feel blocked. You might be guided through a meditation that helps you visualise releasing grief or connecting with a sense of peace. Some sessions include a conversation beforehand so you can share what you are experiencing, and the practitioner may offer intuitive insights or reflections that help you see your situation from a new angle.

It is worth noting that spiritual healing does not promise to erase grief. Instead, it can help you process it at a pace that feels right, offering moments of relief and clarity. If you are unsure where to start, look for a practitioner who offers a free initial consultation. This gives you a chance to ask questions and see if their approach feels comfortable.

Step 3: Reach out and ask questions

Once you have a sense of what you are looking for, the next step is to make contact. A reputable practitioner will be happy to explain what happens in a session and what you can expect. It is okay to ask about their training, their experience with grief, and how they tailor sessions to individual needs.

For example, Ira Light - Holistic Spiritual Energy Healing Therapist offers a free 15-minute Discovery Call. This is an opportunity to discuss your situation and see if their style of healing resonates with you. It is a low-pressure way to explore whether spiritual healing might be a good fit for your grief healing support needs.

During this call, you can ask about the different modalities they use, such as Reiki Light Language, Tarot Life Mapping, or guided meditation. You do not need to have any prior experience with these practices. The practitioner can explain how each one works and help you decide what feels most appropriate for where you are right now.

Step 4: Prepare for your first session

When you book a session, there are a few simple things you can do to get the most out of it. First, find a quiet space where you will not be interrupted. If the session is online, ensure you

have a stable internet connection and a comfortable place to sit or lie down. If it is in person, allow yourself extra travel time so you arrive feeling calm rather than rushed.

Before the session, take a few deep breaths and set an intention. This can be as simple as saying to yourself, "I am open to receiving whatever support I need today." You do not need to have a clear agenda. Sometimes the most healing sessions are the ones where you simply allow yourself to be present with whatever arises.



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During the session, you might feel a range of sensations: warmth, tingling, a sense of lightness, or deep relaxation. Some people experience emotional releases, such as tears or a feeling of letting go. Others feel nothing noticeable during the session but notice shifts in the days that follow. All of these responses are valid. There is no right or wrong way to experience spiritual healing.

Step 5: Reflect and integrate after the session

The period after a healing session is just as important as the session itself. Give yourself time to rest. Grief work can be tiring, even when it feels gentle. You may want to journal about any images, feelings, or thoughts that came up. You might also notice subtle changes in your mood, energy levels, or how you think about your loss.

Some people find it helpful to create a small ritual after a session. This could be lighting a candle, taking a walk in nature, or simply sitting quietly with a cup of tea. The goal is to honour the experience and give yourself space to integrate it. If strong emotions surface, that is a sign that the healing is working. Be kind to yourself and consider reaching out to your support network if you need to talk things through.

Spiritual healing is not a one-time fix. Grief often comes in waves, and you may find that you benefit from ongoing sessions as you move through different stages of your loss. A good practitioner will support you in pacing your journey and may suggest combining sessions with other forms of grief healing support, such as counselling, peer support groups, or time in nature.

What to watch for along the way

As you explore spiritual healing for grief, keep a few things in mind. First, trust your instincts. If a practitioner makes you feel rushed, pressured, or uncomfortable, it is okay to walk away. Healing should feel safe and respectful. Second, be wary of anyone who promises to "cure"

your grief or remove your pain completely. Grief is not a problem to be solved; it is a process to be lived. A good healer will help you carry it more lightly, not pretend it does not exist.

Also, pay attention to how you feel after a session. Do you feel more at ease? Do you notice a shift in your perspective? Are you sleeping or eating a little better? These small signs can indicate that the healing is supporting you. If you feel worse or more confused, it is worth discussing that with the practitioner or seeking a second opinion. Spiritual healing should complement your overall wellbeing, not leave you feeling destabilised.

Finally, remember that spiritual healing works best when it is part of a broader approach to grief. Connecting with friends, family, or a support group can provide the human connection that complements the energetic work. Exercise, rest, and proper nutrition also play a role in helping your body and mind recover from the stress of grief. Think of spiritual healing as one tool in your kit, not the only one.



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Finding a practitioner near you

If you are in Queens Park or the wider Sydney area, you have access to practitioners who specialise in holistic spiritual energy healing. **Ira Light - Holistic Spiritual Energy Healing Therapist** offers sessions both in person and online, making it possible to access support from the comfort of your home. Their approach combines Reiki, Light Language, Tarot Life Mapping, and guided meditation to help people experiencing grief, burnout, or life transitions reconnect with themselves and find greater clarity.

Before booking, take advantage of the free Discovery Call to ask any questions you have. This can help you decide whether their style of grief healing support aligns with what you are looking for. Remember, the goal is not to rush through your grief but to find compassionate support that helps you navigate it with more ease and understanding.

Ira Light - Holistic Spiritual Energy Healing Therapist is also on Instagram.

Ira Light - Holistic Spiritual Energy Healing Therapist is located at 173 Bronte Rd, Queens Park NSW 2022, Australia. You can reach them by phone at +61 416 727 727.