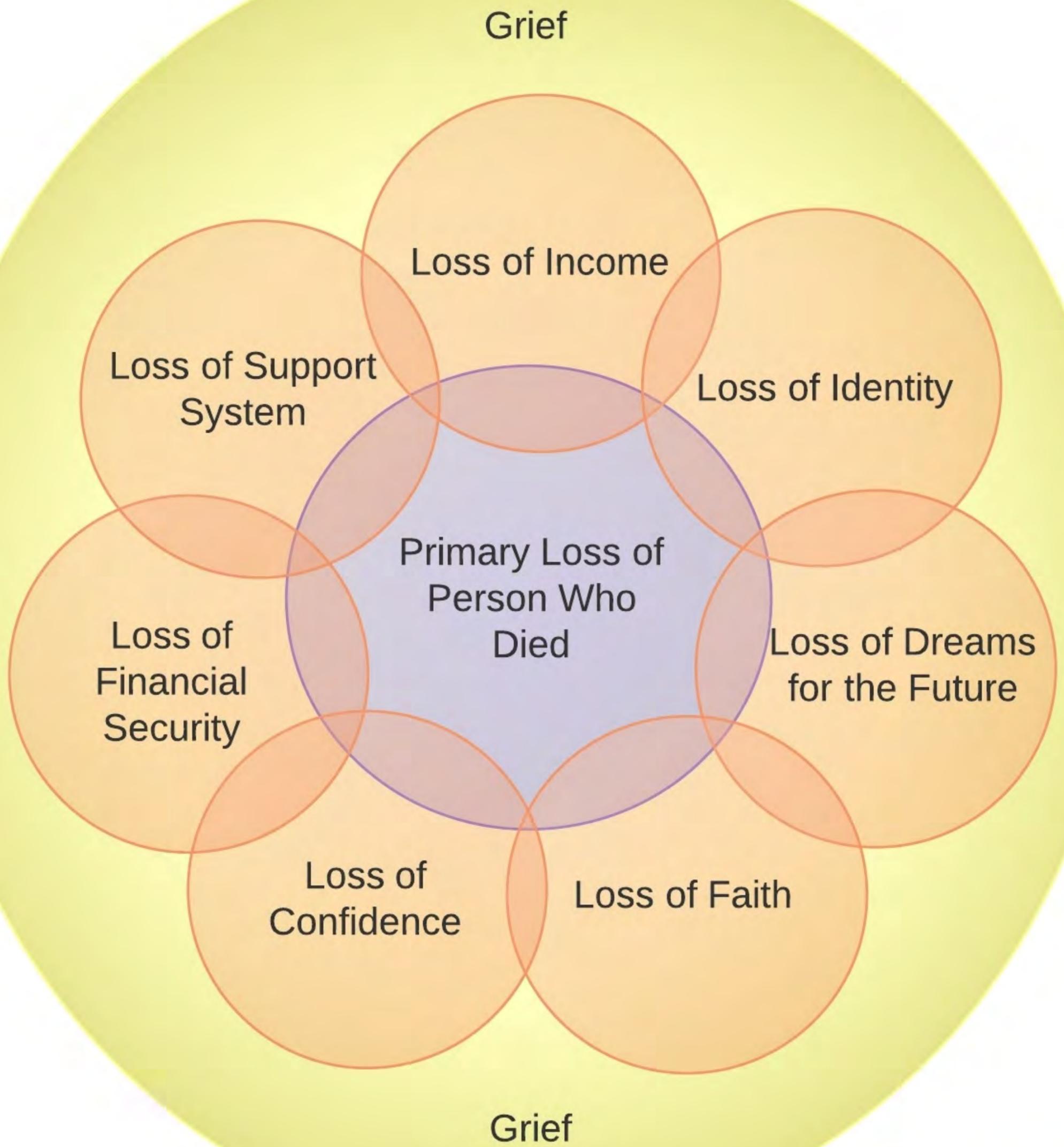


	Buddhism	Christianity	Hinduism	Islam	Judaism	Confucianism
						
Followers Worldwide (estimated 2001 figures)	362 million	2 billion	820 million	1.2 billion	14.5 million	6.3 million
Name of Deity	The Buddha did not teach a personal deity.	God	Three main gods: Brahma, Vishnu, Shiva	God (Allah)	God (Yahweh)	Confucius (viewed by many as a god)
Founder	The Buddha	Jesus Christ	No one founder	Muhammad	Abraham	Confucius
Holy Book	No one book—sacred texts, including the <i>Dhammapada</i>	Bible	No one book—sacred texts, including the Vedas, the Puranas	Qur'an	Hebrew Bible, including the Torah	the <i>Analects</i> , the Five Classics
Leadership	Buddhist monks and nuns	Priests, ministers, monks, and nuns	Guru, holy man, Brahmin priest	No clergy but a scholar class called the ulama and the imam, who may lead prayers	Rabbis	No clergy
Basic Beliefs	<ul style="list-style-type: none"> • Persons achieve complete peace and happiness (nirvana) by eliminating their attachment to worldly things. • Nirvana is reached by following the Noble Eightfold Path: Right views; Right resolve; Right speech; Right conduct; Right livelihood; Right effort; Right mindfulness; Right concentration. 	<ul style="list-style-type: none"> • There is only one God, who watches over and cares for his people. • Jesus Christ was the son of God. He died to save humanity from sin. His death and resurrection made eternal life possible for others. 	<ul style="list-style-type: none"> • The soul never dies, but is continually reborn. • Persons achieve happiness and enlightenment after they free themselves from their earthly desires. • Freedom from earthly desires comes from a lifetime of worship, knowledge, and virtuous acts. 	<ul style="list-style-type: none"> • Persons achieve salvation by following the Five Pillars of Islam and living a just life. These pillars are: faith; prayer; almsgiving, or charity to the poor; fasting, which Muslims perform during Ramadan; pilgrimage to Mecca. 	<ul style="list-style-type: none"> • There is only one God, who watches over and cares for his people. • God loves and protects his people, but also holds people accountable for their sins and shortcomings. • Persons serve God by studying the Torah and living by its teachings. 	<ul style="list-style-type: none"> • Social order, harmony, and good government should be based on strong family relationships. • Respect for parents and elders is important to a well-ordered society. • Education is important both to the welfare of the individual and to society.

Secondary Losses



Gone From My Sight

I am standing upon the seashore. A ship, at my side,
spreads her white sails to the moving breeze and starts
for the blue ocean. She is an object of beauty and strength.
I stand and watch her until, at length, she hangs like a speck
of white cloud just where the sea and sky come to mingle with each other.

Then, someone at my side says, "There, she is gone."

Gone where?

Gone from my sight. That is all. She is just as large in mast,
hull and spar as she was when she left my side.
And, she is just as able to bear her load of living freight to her destined port.
Her diminished size is in me -- not in her.

And, just at the moment when someone says, "There, she is gone,"
there are other eyes watching her coming, and other voices
ready to take up the glad shout, "Here she comes!"

And that is dying...

*Attributed to ~ Henry Van Dyke (1852-1933)
and/or Bishop Charles Henry Brent (1862-1929)*



Five Myths About Grief You May Believe

Our reluctance to talk about grief can provide a space for myths to proliferate.

David B. Feldman

Talking about [grief](#) and loss remains one of our society's greatest taboos. Most of us are even reluctant to use the word "death," instead preferring gentler alternatives like "passing away."

And who could blame us? After all, it can be difficult, awkward, and even painful to discuss. Unfortunately, such reluctance can provide a space for myths about grief and loss to proliferate, making it harder for us to grieve in the long run. So, here are five of the most common myths about grief, along with the actual facts.

Myth #1: Grief is an emotion.

One of the most common misconceptions about grief is that it's a feeling. Given that grief occurs in some of the most painful situations anyone can imagine, we generally associate it with [depression](#). But grief is actually [a process composed of many emotions](#), including expected ones like sadness, as well as more surprising ones like [anger](#), frustration, [guilt](#), or even shock.

It's common during grief to experience positive feelings, as well, such as relief that our loved one is out of pain. At times, people also can feel numb, almost like the death hadn't happened. What's important to know is that all of these emotions—at least in measured amounts—are normal.

Myth #2: Grief is bad.

When most people think of grief, nothing good comes to mind. But researchers and counselors believe that [the grief process](#) itself is actually healthy. That's because grief is the mechanism that allows us to come to terms with loss. We all know that it takes time for our brains to adjust to change. If you've even moved to a new house or apartment, you know it can take months for the place to feel like "home." During that time, our brain is slowly altering its pathways to accommodate to the new reality.

When a loved one dies, it can likewise take significant time to adjust to what has occurred, as we grapple with questions like: Who am I without my loved one? How would my loved one want me to feel? How can I best honor their [memory](#)? Many grief experts believe that one of the functions of grief is to provide an opportunity for us to answer questions like these, ultimately allowing us to honor our loved one's memory and come to a place of acceptance.

Myth #3: More grief is better.

If we accept that grief can be good for us, it's tempting to conclude that more of it must be better. Even grief counselors have historically made this mistake. Known as the "[grief work hypothesis](#)," counselors used to believe that it was necessary for people to vigorously confront their grief, keeping their minds on the loss as much as possible. If people didn't appear to be in great distress following the death of a loved one, it was feared that they might be suppressing or denying the loss, something that could come back to haunt them later.

We now know that this isn't exactly true. Although some people naturally grieve in an intense way, others don't. Both can be healthy. Research by Columbia University psychologist George Bonnano shows that people follow different "[grief trajectories](#)." The majority of people follow one of two relatively healthy grief trajectories. About 10-20 percent of people follow a so-called "recovery trajectory." After a loss, they may initially experience difficulty functioning and intensely painful emotions like depression. But, after a period of months, they gradually recover and return to their lives. This is the trajectory most of us imagine when we hear the word "grief."

But it's not actually the most common trajectory. That's because around 50-60 percent experience a different grief journey. Known as a "[resilience trajectory](#)," these individuals are able to maintain relatively stable, healthy levels of functioning, even in the immediate aftermath of a loss. Although from the outside they may appear pretty "normal," this doesn't mean they're in denial. Inside, they still miss their loved one and still experience some of the grief-related emotions mentioned earlier. Because both the recovery and resilience trajectories ultimately allow people to move through grief to a place of healthy functioning, they're both considered normal.

Myth #4: There is a right way to grieve.

One of the most widely known and accepted psychological ideas is that grief is composed of five stages—denial, anger, bargaining, depression, and acceptance. What you may not know, however, is that the creator of these stages, luminary psychiatrist [Elisabeth Kubler-Ross](#), didn't originally develop them to explain what people experience when they lose a person they love. Instead, she developed them to describe the process patients go through as they come to terms with their own terminal illnesses. Only later were the stages applied to grieving friends and family members, who seemed to undergo a similar process after loss.

But grief turns out not to be so simple. [Studies](#) now show that, although some grievers may progress through these stages just as Kubler-Ross outlined, many don't. They might skip stages, repeat stages, or even experience emotions not captured in the original five. In reality, the grief process looks a lot less like a neat set of stages and a lot more like a rollercoaster of emotions. In fact, no stage theory to date has been able to fully account for how people cope with loss. Grief is different for each person and each loss, so it's important not to force yourself to fit someone else's idea of what grief should look like.

Myth #5: Grief [counseling](#) is harmful.

Several years ago, media outlets reported a shocking story: Research appeared to show that grief counseling could be harmful for a large number of people. Researchers had performed a complicated statistical procedure known as a meta-analysis, collectively analyzing the data

from a number of studies investigating the effectiveness of grief counseling. They found what came to be known as the [Treatment-Induced Deterioration Effect](#), or TIDE, for short.

Although the study was never published in a peer-reviewed scientific journal, the media trumpeted the seemingly alarming finding. [Newsweek](#) ran an article titled “Get Shrunk at Your Own Risk.” [Time Magazine](#) called grief counseling a “myth.” It was even mentioned in the [Boston Legal](#) episode “The Chicken and the Leg.” As a result, people who might have benefitted from grief counseling chose not to access it.

But the TIDE finding turned out to be flawed. As a result of all the publicity, researchers [Dale Larson and William Hoyt](#) asked the American Psychological Association to review the finding. They convened a team of two statistical and methodological experts who, after careful deliberation, concluded that the particular meta-analytic statistic used to produce the TIDE finding was problematic and the conclusions suspect. Since that time, there has been no good evidence that grief counseling is harmful.

It’s important to note, however, that grief counseling probably isn’t necessary for most people. Think about it: Human beings have been experiencing losses since our species first emerged approximately 300,000 years ago. The profession of counseling has only existed for about 100 of those years. For the most part, grief is hardwired into the brain. On some primordial level, we just know how to do it. Even without professional help, most people’s grief will naturally soften with time. This doesn’t mean grief counseling can’t be helpful, however.

Although [research](#) shows that counseling for grief doesn’t appear to be quite as effective as for other conditions, studies show that when people choose to attend counseling because they’re experiencing difficulties with grief, it generally helps. So, you shouldn’t hesitate to visit a grief counselor. If you feel you need guidance and support in your grief process, chances are you’ll be happy you did.

Despite all the myths, one truth is undeniable: If we haven’t already, every one of us eventually will lose people we love—from a grandparent to a dear friend. As much as we would like to have a magic wand that would make people live forever, none of us has that wand.

Fortunately, even though grief can be a painful process, it may be just the medicine we need to help us honor our loved one’s memory, come to terms with our loss, and ultimately take one step at a time toward a healthy future.

It’s something our fellow human beings have been doing since time immemorial. So, none of us is alone.

About the Author: [David B. Feldman, Ph.D.](#), is a professor in the department of counseling psychology at Santa Clara University.

Psychology Today article, Posted Sep 13, 2019

<https://www.psychologytoday.com/us/blog/supersurvivors/201909/five-myths-about-grief-you-may-believe>

Theories on Stages of Grief

Kubler Ross - 5 Steps:

Not just for the dying.

1. Denial: "This is not happening." In shock, it is hard to accept reality of loss, that this person is not here. "God, this can't be happening!"
2. Anger: "Why me?" "It's not fair!" Who can I blame? Anger can manifest itself in different ways. People can be angry with themselves, or with others, and especially those who are close to them. They strike out in all directions, including at God.
3. Bargaining: "I promise to go to church every Sunday if you make this go away." The third stage involves the hope that the individual can somehow undo or avoid a cause of grief. Psychologically, the individual is saying, "I understand, but if I could just do something to buy more time..."
4. Depression: "I am so sad, what is the point of anything." The grieving person begins to understand the certainty of death. Things begin to lose meaning to the griever. Because of this, the person may withdraw, wanting to be alone with the grief. "God, let me die."
5. Acceptance: "This is ok." People dying can enter this stage a long time before the people they leave behind, who must pass through their own individual stages of dealing with the grief. This typically comes with a calm, retrospective view for the individual, and a stable mindset. "I accept God's will that this has happened."

- Kubler-Ross, Elizabeth & Kessler, David— *On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss*

Rick Warren, Christian author of *The Purpose Driven Life*, suggests 6 stages of grief:

1. Shock – GOD! How could you do this to me?
2. Sorrow – God weeps with you. As he wept for his son on the cross
3. Struggle – why me, God? Why now? Why, God? For Christians, Jesus in the Garden. Jesus on Cross – psalm to God
4. Surrender – no longer need reason why, trust in God
5. Sanctification - changed by God, different person now having accepted death
6. Service – Become a better person, help others, their way is chosen, free to help others

- Warren, Rick. *The Purpose Driven Life*, Zondervan, 2002

John Bowlby - 4 phases

Shock and numbness

Yearning and searching for the lost figure

Disorganization and despair

Reorganization and recovery

- Bowlby, J. *Attachment and Loss: Vol. III: "Loss, sadness and depression."* New York: Basic Books, 1980

Glen W. Davidson - 4 phases

Shock and numbness
Searching and yearning
Disorientation
Reorganization

- Davidson, Glen W. *Understanding Mourning. A Guide for Those Who Grieve* Minneapolis: Augsburg, 1984

Colin Murray Parkes- 3 tasks

Intellectual acceptance of the loss

Emotional acceptance of the loss

A change in the individual's model of self and outer world to match the new reality

- Parkes, C.M. & Weiss, R. *Recovery from Bereavement*. New York: Basic Books, 1983

Therese Rando- 3 phases/6 processes

- *Avoidance phase:*
 - Recognize the loss
 - *Confrontation phase:*
 - React to the separation
 - Recollect and re-experience the deceased and the relationship
 - Relinquish the old attachments to the deceased and the old assumptive world
 - *Accommodation phase*
 - Readjust to move more adaptively into the new world without forgetting the old
 - Reinvest meaningfully in life
- Rando, T. *Treatment of Complicated Mourning*. Champaign, Ill.: Research Press, 1993

Margaret Stroebe and Henk Schut- Dual Processes

When in grief, we vacillate between a loss orientation in which grief is confronted and sometimes expressed and a restoration orientation in which grief is contained and sometimes avoided.

- Stroebe, Margaret S., et al, Editors. *Handbook of Bereavement Research: Consequences, Coping and Care*, American Psychological Association Publishers, 2001

John Schneider- 3 levels

Discovering what is lost

Discovering what is left

Finding what is possible as a consequence

- Schneider, J. "The Transformative Power of Grief," *Noetic Sciences Review*, (1989, Autumn), pp. 26-31.

J. William Worden- 4 tasks

Acceptance of the reality of the loss

Experiencing the pain of grief

Adjustment to an environment in which the deceased is missing

Emotionally relocating the deceased and moving on with life

- Worden, J.W. *Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner*, Second Edition. New York: Springer, 1991.

Tim Jackson “How Can I Live with My Loss”

Four stages to be processed through before you can deal with a loss:

1. accept the reality of the loss

2. let yourself feel the loss

3. learn to live with the loss

4. reinvest in love

- © RBC Ministries

Additional Reading and References

Books on Grief and Spiritual Support

- Binkewicz, Matthew P. – *Peaceful Journey: A Hospice Chaplain's Guide to End of Life*. Paramount Market Publishing, Inc.; 1st Edition (March 1, 2005)
- Brook Noel and Pamela A. Blair – *I wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After the Sudden Death of a Loved One* Sourcebooks; Updated ed. Edition (May 1, 2008)
- Champlin, Joseph – *Preparing for Eternity: A Catholic Handbook for End-of-life Concerns*, Ave Maria Press (March 1, 2007)
- Davidson, Glen W. *Understanding Mourning. A Guide for Those Who Grieve* Minneapolis: Augsburg, 1984
- Dershimer, Richard A. *Counseling the Bereaved*. New York, NY: Pergamon Press, Inc., 1990.
- Feldman, David B., et al, *The End-of-Life Handbook: A Compassionate Guide to Connecting with and Caring for a Dying Loved One* New Harbinger Publications; 1st Edition (January 1, 2008)
- Hutchinson, Joyce & Rupp, Joyce – *May I Walk You Home?* Ave Maria Press (September 24, 2009)
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- Kessler, David - *The Needs of the Dying: A Guide for Bringing Hope, Comfort, and Love to Life's Final Chapter*, Harper Perennial; (January 9, 2007)
- Kubler-Ross, Elizabeth & Kessler, David– *On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss*, Scribner; Reprint Edition (August 12, 2014)
- Kubler-Ross, Elizabeth – *On Death and Dying: What the Dying have to Teach Doctors, Nurses, Clergy, and Their own Families*, Macmillan Publishing Co. (1973)
- LeGrand, Louis – *Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One*, Sourcebooks; 1st Edition (March 13, 2020)
- LeGrand, Louis – *Love Lives On: Learning from the Extraordinary Encounters of the Bereaved*, Berkley (November 7, 2006)
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- Warren, Rick. *The Purpose Driven Life*, Zondervan, 2002
- Worden, J.W. *Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner*, Second Edition. New York: Springer, 1991.
- The Bible, Qur'an, the Analects, Bhagavad Gita, Torah and Talmud, Sutras, Tao-te-Ching, among others

Others:

- Young, William Paul, *The Shack*
- Burpo, Todd & Lynn Vincent – *Heaven is for Real: A Little Boy's Astounding Story of His Trip to Heaven and Back*
- Eben Alexander III, M.D. – *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife*
- Rick Warren, *The Purposeful Life*

DVD:

- Elizabeth Kubler-Ross: *Facing Death*

Articles:

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Online Resources:

- <http://www.whatsyourgrief.com/>
- <https://whatsyourgrief.com/bowlby-four-stages-of-grief/>
- <http://christians-in-recovery.org/attach/RBC/HowCanILiveWithMyLoss.pdf>
- <http://www.religionfacts.com/big-religion-chart>

- “Complex societies evolved without belief in all-powerful deity” see <https://www.nature.com/news/complex-societies-evolved-without-belief-in-all-powerful-deity-1.17040>
- <http://avenuescounselingcenter.org/grief-hangover/>
- Grief Counseling Resource Guide: <http://www.omh.state.ny.us/omhweb/grief/#Section>
- Article on Spirituality and Health Care: <http://health.usnews.com/health-care/patient-advice/articles/2017-08-08/spirituality-in-health-care-seek-and-ye-shall-find>
- The Big Religions Chart: www.religionfacts.com/big-religion-chart
- Connecting with the Divine: <https://www.everystudent.com/features/connecting.html>
- The Major Faiths: <https://www.infoplease.com/world/religion/major-faiths-concise-table>
- Chart of World’s Major Monotheistic Religions: <https://www.thinglink.com/scene/571752790037102592>
- Definition of spirituality: *from USNews & World Report* article: <http://health.usnews.com/health-care/patient-advice/articles/2017-08-08/spirituality-in-health-care-seek-and-ye-shall-find>
- Grief Counseling Resource Guide: <http://www.omh.state.ny.us/omhweb/grief/> - Section6
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