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# PEBBLES & PETALS

Understand the losses you have accumulated  
throughout your life span.

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## PRACTICE

To better understand the losses we have accumulated throughout our life span, please engage in this practice with an open mind and heart, paying attention to the wisdom of your body.

## GATHER SUPPLIES

A bowl of water, pebbles of varying sizes and shapes, some flower petals, and a creative means of listing your loss events. Please also bring a journal so you can reflect on the significance of your pebbles and petals. Our words shape our worlds.

## PROCESS

**Pebbles** represent those events in life that have challenged you ... these can be any loss, the death of a significant person, a relationship loss, job loss, a loss of faith, or loss of health. A pebble could also be a loss of dreams in whatever form. Pebbles are different sizes; the larger the pebble, the more burdening the loss/challenge was. If you feel inspired, write down your loss on each pebble and notice what happens in your body as you see your loss written in stone.

**Petals** represent the things that have initiated positive growth, joy, or personal reward. Petals are the things that make life more meaningful. They are the events that have brought us profound joy. If you feel inspired, notice what happens in your body as you name each petal and speak it out loud.

Using a timeline, pathway, or other creative means to illustrate your events, list your pebbles and petals in chronological order.





# PEBBLES & PETALS



One by one, drop the pebbles and petals into the bowl of water, reflect upon the losses and gifts. How did each loss impact your life and learning? How did each petal bring your life meaning?

Reflect on your losses and your gifts and notice what is happening inside of you:

**How have these losses and gifts influenced you and shaped you?**

**How have these life experiences shaped your beliefs about grief and loss?**

**How have these events created who you are now, shaped your compassion, empathy, or enhanced your resilience?**

To complete this Practice, arrange your Pebbles and Petals in a decorative bowls and place it as a centerpiece somewhere prominent in your home. Notice any shifts over the next week and jot down words, images, feelings that reflect how this is impacting you.



# ABOUT



## GRIEF UNLEASHED

As grief companions, we bring solace to the bereaved, helping you reconcile your loss and find renewed hope, meaning and joy.

Our mission is to help you re-imagine a new relationship with loss and support greater grief and loss literacy.

Over our life span, we will experience micro losses and if we live long enough, major ones. It is by doing the necessary grief work that griever become more resourced and feel less isolated as a result.

Founded by Dina Bell-Laroche, an integral coach with an intimate relationship with loss. Twenty years ago she lost her sister Tracy and today she continues to work through her grief from a place of curiosity, self-compassion, and openness. Having studied under different death educators over the past decade, she now turns her attention to Grief Unleashed and supporting others in their own grief and loss journeys.

Visit my website to see how I can support you.  
[www.griefunleashed.ca](http://www.griefunleashed.ca)



*Re-imagine*  
a new relationship with loss.