

messages that inspire positive growth and change

the aware show

Lisa
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THE AWARE LIFE TELESEMINAR

AURORA WINTER

06/25/12

Lisa: Good afternoon, evening – wherever it is in your life, hello! This is Lisa Garr. Welcome, welcome to the Aware Show Teleseminar Series. Welcome to a blessed experience, really. Welcome to an Oasis for you to have a conscious conversation, and more than just a conversation, to dive in, to dig deep; to reframe, change and come out with practical solutions that you can use every single day in your life to continue the conscious conversations in your life because ultimately, when you share them with others – then that’s what makes the biggest difference. So, welcome. Thank you so much for being here today. I am truly grateful, truly grateful to even have this teleseminar series. Every single night I go to bed just being so thankful and grateful for the information that I’m learning and getting to share with everyone. And so, if you’re online here, and you want to visit us on the website, so you can see all the things that are going on during the call today, you can go to theawareshow.com/winter. Because today we’re talking about a subject that is sometimes very, very difficult to approach, especially if you are not prepared. What we’re going to do is we’re going to learn today how to approach this subject of grief in a way that is prepared, is practical, is full of a lot of advice and the experience of my guest today, Aurora Winter, is just bad. She has, I think it was almost 20 years ago, she lost her husband, and he was 33 years old and suddenly died of a heart attack and she had a 4 year old son at the time; and she has been, since then, helping people, consoling people, educating them around the subject of grief and more, I should say. Welcome to the show, Aurora, thanks for joining me.

Aurora: Oh, it’s so great to be here with you Lisa and to be with all the listeners and to be of service because I think it’s so easy to get stuck in grief or get stuck in heartbreak, and yet with a few simple tools and some support you can move through it much more quickly.

Lisa: So, what happened when you lost your husband? Did your heart feel like it was going to just stop beating?

Aurora: Oh absolutely, I felt as though I was Humpty-Dumpty. I felt like my life had shattered into a million pieces, and it was my best friend, we were business partners and

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we had a four-year old son together and it was completely unexpected. He seemed totally healthy, young, vibrant, 33-year old, athletic – and then – dead.

Lisa: Wow.

Aurora: And, so, it took me a long time to pick up those pieces – you know, like, Humpty-Dumpty with the scattered pieces of my life; but once I figured out, you know, a 9-step recipe to help myself go from heartbreak to happiness – then it became my passion to help others. Because there are things that you can do and shortcuts that will help you go from heartbreak to happiness more quickly if you're dealing with grief, death, a divorce, a break-up, a special needs child with autism or if you CARE about somebody who is struggling with loss.

Lisa: I'm really glad you mentioned that. So, this is not just for someone who has lost a loved one. This is someone who has ever been through a divorce, this is someone who has had to console someone who's lost a loved one – especially even a child, after they have lost a loved one – or even a pet... is a big deal to a child. Or, layoffs are also – I mean these are anything that comes to an end. Even assisting a parent into an assisted living home type-of-thing. These are things that happen, they're stressful. They cause heartbreak, they're major, major change in people's lives so, how do we deal with that? This is change in general. *In general.*

Aurora: Yeah, well, I love what you're saying and to underscore that. Heartbreak is inevitable, but having some tools in your toolkit to deal with it are not inevitable because our society seems to live as if we're all going to be immortal or we'll all be 22 forever, and then we act surprised when people die, or when they get divorced or when they have a special needs child with autism. So, these are practical things that everybody needs to have in their toolkit.

Lisa: So heartbreak is inevitable.

Aurora: It is inevitable. I liken heartbreak - I think it's a lot like, you know, you're walking through a park on a beautiful sunny day and you get distracted by a hummingbird and – boom – you fall down a well! And, it's dark in there, the slides are slippery, and it's almost impossible, you know, unless you're Superman, to get out of there by yourself. But with the help of a coach, or with the help of some steps you can – it's like a coach can come along and throw a rope ladder down there and shine a flashlight and say, "You're not alone, it's okay," and walk you up step-by-step. Or a friend or others can serve that same purpose. So I want the listeners to know it's not like I can give you a magic pill. We've heard about the impact of anti-depressants and how they can wreak havoc in your life. So, going from heartbreak to happiness is a process, like Robert Frost said: "The only way out is through." But have a little patience with the process because

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you can authentically get out of that well, and you're back standing in the sunshine and you can look around and say, you know, "What mountain do you want to climb?" But I think one of the quick tips, and a key that anybody can implement right away is *gratitude*. When you can find something to appreciate, either about the situation or just in general, it can be life-changing. It's so natural for us to look at what went wrong, and to go, you know, "My husband shouldn't be dead. I shouldn't be a single mom, with a 4-year old." Or, "I shouldn't be going through a divorce," or "My parents whom I adore shouldn't be dealing with Alzheimer's and I shouldn't have to face the decision whether to put them in a home alone." Or, "I shouldn't have to face the decision to unplug somebody who is on life support," or whatever the case may be. But when you resist "what is", you only increase your stress, and you don't change the situation. When you can reach for gratitude, and I recommend that you keep a gratitude journal, you know, like it says... Kahlil Gibran wrote a beautiful poem called "Joy and Sorrow," and he talks about how its only that which has given us joy that can possibly give us sorrow. And so, I invite you, I urge you to be aware and conscious that it's ONLY that which has given you joy that can give you sorrow. Therefore, you can find gratitude. Even if you're parents are now aging, you can be grateful for all they love they gave you throughout your life. Even if you're dealing with the death of a spouse, you can be grateful for the time and the love that you shared. And so I think gratitude is a simple and easy thing and you can do this right away.

Lisa: So in your book, *Heartbreak to Happiness*, you tell - and I couldn't put the book down - it was one of those page turners - crying, sobbing, had to talk to you afterwards... because what you went through was so enormous and so many people go through this daily. I mean, actually, hundreds and thousands of people of course go through grief daily based on how many die per day. So, there's a woman who asks, "How do you journey through compounded, complicated grief yourself when you have to facilitate the grieving of others, specifically your children, simultaneously?" Yes, I have a friend that has never really quite gotten through that. Yeah.

Aurora: Yeah, well, I'm all about asking the right question. One of the things you know, I'm a coach. I train coaches, and coaching is all about asking powerful questions. But if you ask the wrong question you can keep yourself stuck. So the question had within it a limiting belief that she has to get through it alone. And, in fact, complicated grief, or grieving and reaching out to support others is a *recipe for prolonging your grief, and theirs*.

Lisa: Oh, wow.

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Aurora: Think about it. If you have you have a broken arm would you just ask the question, “How can I heal this broken arm myself?”

Lisa: Right, no.

Aurora: And my children have got broken arms too. How can I with my broken arm heal my broken arm and heal their broken arms because we were all in a car accident together?

Lisa: Wow.

Aurora: It’s the wrong question. The question is “How can I heal most quickly?” and “How can I be of greater service to my children?” That’s the right question. So, it’s important to ask the right question. So, in my experience, just like with a broken arm, you would ask the question, “How can I heal my broken arm and get it straight and make sure that gangrene doesn’t set in and then I’ll have to cut it off?”

Lisa: Right.

Aurora: So, hmmm, I think I’ll go to the hospital and go to an expert; and I’ll get care for my children as well so, I just want to urge – the idea that we have in our society that we have to do it all alone whatever it may be – is wrong thinking and is not of service and prolongs grief, prolongs heartbreak and is a recipe for, kind of disaster in a way. So get support, get help – whether it’s working with a grief coach which is what I highly recommend – or reaching out to your friends, reaching out to your family, going to a therapist, going to your place of worship. But don’t buy into the idea you need to get through it alone.

Lisa: Yeah, see that’s a very good point. So, you need help and – how do *you* handle the level of people that come to you per day that are telling you their story – who are in this place of grieving? You teach a very important tool to a lot of us of what to say to people who are devastated, and what *not* to say to people who are devastated. When you went through this list, I probably said 3 or 4 of the things *not* to say, at some point in my life. So, this is a really great thing to hear.

Aurora: It is a great and useful thing and I’m going to answer that in just a second but if I could just circle back around to that caller because I don’t want there to be any listening out there feeling incomplete with that. I wanted to just share transparently that I was grieving at the same time as my mother was – because she was going through a divorce. My father left her for another woman who he has since married, and that happened at the – basically – it was within a month – of my husband dying. And I invited my mom to live with us to help look after our 4 year old, and she was an angel and a doll and so

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helpful to me – and we love each other, deeply. But it was not possible for us to heal each other, there was too much woundedness; and every time she would try to share her upset – understandably upset – feelings about her husband; it would trigger me, because it was my father, right? And when I would try to share my authentic feelings about my grief, she was so protective that I didn't feel safe to share because I didn't want to burden her. So, I just want to let you know from personal experience – I've tried that plan – really wounded people trying to help each other... and it just doesn't go well. So, yeah...

Lisa: OK, so thank you for your commitment to that person, I really appreciate that. OK, what *not* to say to people...

Aurora: What to say and what not to say.

Lisa: Right, let's start with what not to say.

Aurora: OK. Basically, they actually studied, and that within 48 hours of any tragedy people hear over 100 common things; and of those – only 19 are helpful. So, basically, if everybody else says it and it's coming automatically out of your mouth – probably a good signal that it's *not* something that you want to say. So, some bad things to say include... "You're young – you can get another husband or wife or child." I mean, well-meaning people told me that at my late husband's funeral and I was like "Owww! What does that have to do with this, you know?"

Lisa: Why did that specifically... Was it just an insensitive comment that you were experiencing?

Aurora: I think that we buy into the whole "replace the loss." You know, if you total your car or if somebody steals your bicycle you buy a new bicycle, but if someone you love dies? First, you need to grieve and honor that relationship, and then in due time, whenever you're ready perhaps you do decide get married again or perhaps you do decide to have another child, but it's irrelevant to your love for that person or even that pet that you can get another pet. Does that make sense?

Lisa: Right, absolutely! Yes, it goes back to the Buddhist philosophy of letting go of the worldly desires. If you don't want them in the first place then you won't miss them when they're gone.

Aurora: Exactly.

Lisa: You know?

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Aurora: You know, you don't want to say, "don't feel bad," because that negates whatever the person is experiencing – and it speaks to the fact that the listener can't hold the space for whatever's coming up so, "don't feel bad – it must have been God's will"... is not a good one. Even though God and spirituality is a big part of my life, the first time somebody told me, "Well, it must have been God's will" after my husband died – I had a real problem with God! You know, "that's not right," and I felt like God must be punishing me, and in fact spirituality was one of the keys to my own healing – as I believe it is for most people.

Lisa: In what way?

Aurora: I think that some things cannot make sense to our mind, but they can make sense to our spirit and I believe if we can just go, "Okay, well there must be some meaning in this suffering, and I turn it over to you, God. I turn my pain over to you, I turn my tears over to you; and I don't right now see how anything good could possibly come out of this, but I turn it over to you. Please let me know – how can something good come out of this?" I believe if we ask with a sincere heart an open-ended question to God, or to spirit or your higher self – whatever word resonates with you - that the answer will come in due time. And when I ask that question, you know, "How could something possibly good come out of this?" You know, at first it was very murky and I couldn't see it at all but now I truly believe in my heart of hearts that God asked for a volunteer up in Heaven even before I was born – and he said, "Can I have a volunteer who would like to teach people how to go from heartbreak to happiness?" I'm like, "Pick me! Pick me! That sounds like a really cool existence!" And then he asked for a volunteer who would like to teach me what I needed to know, and my late husband volunteered. And so, with that perspective there is nothing to forgive. There's nothing to resent. There's only gratitude.

Lisa: I remember you had that specific dream, right?

Aurora: Yeah.

Lisa: How that changed your life, and I don't usually want to make the calls super-personal, but this will help other people who are in this place of losing a loved one as well. My aunt who has MS - she is not passed on, she's just - the way that I used to be able to communicate with her is no longer there. She was such a brilliant comedic actress, had such amazing timing, terrific life, a really great actress - Teri Garr. Sometimes I do get mad at God, saying why did you do that to someone who had such a great mind? Why did you take the mind? Why did you do that? I do go to that place and as much and as long as I've hosted this show I still get a little angry. I saw her yesterday and I see some of her other friends who have gone on to have these amazing careers and sometimes I wonder, gosh, why did that happen? Why?

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Aurora: Right. It's another example of how important it is to ask the right questions. In my experience at The Grief Coach Academy with lots of people asking lots of heart wrenching "why" questions, why questions usually dig the well deeper, like you're drilling to China. If you can choose to ask a "how" question, you know, "how can I make the best of this, how could this in some surprising way turn out to be good, or how can I be grateful, how could I learn something here, how could I help others? These how questions are much more likely to get you out of the well. Maybe this would speak to your situation with your aunt, Teri Garr, and I'll share that dream for the benefit of your listeners and then I'd love to hear from you, Lisa, and see what might come up with you with respect to the question you just asked about Teri. Would that be okay?

Lisa: Yeah, absolutely, because I do try to communicate in different and new ways, but maybe I'm just trying to hold onto the past communication that I had with her, and not embracing the new communication. Go for it, please tell me.

Aurora: The dream that I had that was at the second anniversary of my late husband's death - and it's in my book from heartbreak to happiness - at that point two years after he died I still felt resentful. I felt like this shouldn't have happened. I shouldn't be a single mom, my son shouldn't be alone, it was just wrong. God had failed me. My late husband came to me in this dream, and it changed my life. He asked me three questions. He said, "If you had it to do all over again, would you still marry me?" I thought about it and all the good times. I'm like "Yeah, I'd still marry you." He asked me the second question. He said, "If you had it to do all over again, would you still have our son?" I said, "Absolutely! He's the light of my life; he's my joy. He's my blessing. Absolutely." Then he asked me this third question, and this is the one that changed my life. He said, "Given those two answers, would you want to know that I would die young?" I searched my heart in the dream for a very long moment and I discovered the answer was no. I would not want to taint the joy that we did have with dread. That dream changed my life because my victim energy evaporated as I deeply accepted the situation, as if I had chosen it. That's one of the things I teach at The Grief Coach Academy - various coaching processes to help people reach that place of acceptance. I'm going to ask you Lisa, with respect to Teri, if you had it to do all over again, would you still choose to have her as your aunt?

Lisa: Oh, God yes. Yes, without a doubt. Of course.

Aurora: If you had it to do all over again, would you still share all of the time and all of the experiences and fun times that you shared with her?

Lisa: Absolutely. Absolutely, yes. She was a huge inspiration in my life and still is.

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Aurora: And would you want to taint that joy and those times together with the dread of knowing that later, she would have MS?

Lisa: Oh, no. No. Not at all.

Aurora: So how does that land in your heart that you kind of realized that maybe, in some ways, you could possibly accept things just as they unfolded?

Lisa: I think my mind is still going to the reasoning. I mean, it's still there, maybe I need to sit with it a while longer, Aurora, but it's still in the place of it wasn't fair to her daughter who lost both parents, essentially, and it really... Yeah, I guess I'm still in the process of it all. I see how you got there, but...

Aurora: It took me two years, honey!

Lisa: The leap from question two to three is such a huge, enormous leap of acceptance. That is a big one. I can see you, and the brilliance you speak with your story, and I've seen you on T.V. and the news, and you're so wonderful with your passion about your message. I see this is your mission in life.

Aurora: Thank you.

Lisa: But, I don't know if others of us who are dealing with it are as able to see it! You know what I mean? Of course you do, this is what you do.

Aurora: Yeah, and, sometimes it's a matter of seeing it. Sometimes it's a matter of deciding to see it. So my background, as you may remember, Lisa, is as a writer, and as a screenplay writer. So, you, Lisa, and each and every listener - you are the hero or the heroine of your own life story. It's up to you to decide what is an empowering meaning. It's up to you to live this hero's journey, and just like Joseph Campbell shared with us, often times the hero's call to adventure meets a reluctant hero. When Luke Skywalker had his hero's call it was with great reluctance! He came back and his aunt and uncle and their house and everything had been burnt. That was his call, to become the hero that he became in Star Wars. I use that example because I think most people have watched Star Wars, but I think that whatever it might be - it might be, you know, your aunt's MS - although I don't see that as your life mission, Lisa, so that may not be it for you because you are transforming so many people's lives. That's your mission, that's your calling, but for each one of us, there are hero's journeys. We can refuse the call, but it's still there waiting for you even if it was five years ago: the death, the divorce, the layoff, the special needs child with autism, your parent dying, whatever. The call is always waiting to bring out your best self so that you can transform the meaning of your life, and the lives that you touch.

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Lisa: Well, that is one of the things maybe she's here to do, because she's doing a lot for MS, and a lot of raising awareness and so forth which is so good, and there are so many great questions coming in about this, about how do we know what subconsciously is limiting us and causing us pain, even though we seem to know all of these great steps, or these great ideas and so forth. How do we detect what that one last thing is that will unlock that “between step two and three” in the dream?

Aurora: Well, and the other thing, I mean this is why at The Grief Coach Academy I train coaches, because it's more than just you know, in the teleseminar, asking a few questions, although I'm giving it all I have to help as many listeners as possible, and yet in my experience it usually takes about nine one-hour sessions where you take the person through various coaching processes, and you look at their specific relationship and you help them have “ah-hahs,” and those nine different coaching processes are designed to come at it from different ways, because for some people the question I asked you, Lisa, may have helped some people in the audience go “I've got it – that was a huge shift.” And others need different questions or different processes, but Winston Churchill said, “We shall draw from the heart of suffering itself the means of inspiration and survival.” So I invite us to welcome in or lean into the suffering itself, because it can be your hero's call, and it can be your inspiration to claim the high ground in your life and transform your life and the lives of others.

Lisa: And you have done that. That's the name of the book, *From Heartbreak to Happiness*.

Aurora: Right! To happiness! We've got to have the happy ending!

Lisa: You have done that, and you really are an embodiment of that. So, let's get to some of the parts about the spring cleaning, and about how to turn those lemons into lemonade, and I'm going to do that by asking this question from a listener here. This is someone who I think you can really help, because she says she, in the span of a few years, lost five family members, her marriage, and her only son. She was afraid to feel any more pain, and is completely locked up inside. She has attended grief shares and so forth, but she didn't feel that she was ever shown love in that experience, so she feels alone and unsupported. So, how can we help her? She says “I've asked God in more ways than one to help, but I get nothing.” How many people are in this situation, Aurora?

Aurora: My heart aches for her and I appreciate her willingness to ask that question, for herself and for others.

Lisa: Gloria is her name.

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Aurora: Oh, Gloria. My aunt's name... Oh, what a beautiful name, It's almost an invitation, isn't it?

Lisa: It is. She wants to get her heart and her life working, and I absolutely want her to, also. So, let's help Gloria, and all the Glorias, OK?

Aurora: So, she said that she'd been to various grief support groups and so did I after my husband died. I really want to honor everyone who is leading grief support groups, I don't want to take anything away from that, and they are typically lead by well meaning people who don't have any training. So, what can happen, and I'm sure you've read this book, Lisa - I hope the listener will pick it up as well - *Power Versus Force* - by Dr. David Hawkins. He talks about all of the energy fields, are you familiar with the book, Lisa?

Lisa: Ah, yeah, I've interviewed him, he's amazing.

Aurora: He's amazing. I am answering the question, but hold for a moment. It talks about the different energy fields, and he's got this arbitrary scale from zero to 1,000 with 1000 being an enlightened being like Christ or Buddha, and 200 being the tipping point between negative emotions and positive emotions. We definitely would like to be above 200. Most people are, but people who are in grief - grief is a very low vibration. It's only 75. Grief is only slightly better than guilt, and that's only a little bit better than shame, which is 20, and if you hit zero, you're basically dead. You give up. Complete apathy and with no desire to live anymore. Because grief is such a low, slow vibration of only 75, when you get a bunch of grieving people and one well meaning but maybe not trained person leading the group, what can happen is you end up marinating in the energy field of grief -75-. You might even feel worse some times after being in that, unless the person is proactively leading you through steps that will help you walk up that ladder, or walk up David Hawkin's energy field if you're familiar with that. You want somebody who can lead you from 75, grief, and proactively lead you forward think, you know, anger is higher, and desire is higher, and then to get to the tipping point which is courage, and from courage reach to much higher things like willingness, acceptance, forgiveness, and then go in the 400s is the mind. What we usually do is try to logic somebody out of grief, but the mind is at 400 and grief is at 75. It's like speaking German to somebody who only speaks Italian. There's no connection there. I take this bit a digression to just explain that the most important thing is to raise your vibration. We do that at the Grief Coach Academy through various coaching processes that invite you, step by step, to just walk up the ladder, so to speak, from 75, to 100, to 150, to finally feeling okay again at 200, and then on up to willingness, acceptance, forgiveness, and beyond the 400s which we're in love with in America. We love the mind and there's nothing wrong with the mind, but I think it should be the servant and not the master. Above the 400s are the 500s which are love, and above the 500s is peace, which is why I've got the peace method to remind us to choose

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that high vibration. So, just because you went to a grief support group and you ended up feeling like they supported grief rather than grief recovery, that doesn't mean that it was wrong to reach out. Just choose another person to reach out to, because this is an enormous amount of grief. I wish I had a magic wand and could just wave it and take all of that pain away. If you lean into it and get support, we've got coaches at the Grief Coach Academy, but it doesn't matter who you go to. Go to your rabbi, go to your minister, preferably go to a coach or a therapist or someone trained and passionate to help you through this area. But what I can say, a couple of quick things, is, keep the gratitude journal, make sure you get enough sleep - one of the keys to happiness is having enough sleep - drink water, take care of... eating organic food, eat properly, get into the sunshine, move your body, walk, do yoga, all the things your mother taught you are actually essential for healing grief because when you're grieving, plus you fill your body with sugar and you get three hours of sleep, it's a recipe for not making any progress.

Lisa: Yes, it compounds it of course. I really do love the fact that you have helped the Glorias of the world for as long as you have, and I definitely want people to understand. If they know anyone in this situation or if there's any level of loss - we haven't even covered divorce, or simple child loss of a pet, miscarriage or layoff - these are all loss, and what Aurora's done with the special offer she put together really is a huge kit for people to have a *friend*. It's basically your grief assistance kit here put together with so many years of experience that Aurora has gone through, and she has trained so many people to be grief coaches. There's a lot of MSCCs on the line here, a lot of counselors and people who are in the position to help other people, and we're getting a lot of advice from these great people who are also practitioners and counselors on the line. They're on this special offer package that you can find at theawareshow.com/winter, it's a whole grief coaching kit, like a CD on how to help somebody move through grief, but also if you're going through grieving, there's a whole two day live workshop that Aurora taught, and there's happiness coaching videos and she even gets into goal setting, future pacing and going out into creating your future, because it feels like all things stop when you hit that level of grief. You lose sight of the goal. When I first saw and met Aurora, I was like "you talk about grief and goals, how do those two fit together? Are those two separate books? And then I realized that the goal is the way to help through the grief! I get it!

Aurora: Exactly right. That analogy again is that you fall down into the well. I've coached people who, 27 years earlier, their husband and son had died in a small plane crash. It doesn't just take time. That's one of the bad things to say, "It just takes time". It takes the right action. Time alone does not heal. So, a goal is like - first you get the person out of the well using that nine step recipe which you will hear on the special offer.

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It's like being a fly on the wall and having a front row seat at a seminar that is normally \$1,000, so you'll get tools to help yourself and others. But why goal setting is important, is once you get out of the well and you're feeling neutral again, you want to have a goal. So what we do is say look around, what mountain would you like to climb? What would you like your life to stand for? It might be helping other people with MS, as Teri Garr is doing, it might be writing a book to help others, it might be (fill in the blank). Having a new relationship, having another child, it might be whatever for you, but until you have another goal, you're at risk of slipping back into the well, because you're only one foot from it! We want to get people far away from that. Helping other people is actually a really surprising key to helping yourself. It's amazing when we're marinating in grief and thinking "why me" and feeling horrible, paradoxically, when we reach a helping hand out to others, we feel better. So you'll hear, on that event, ways to help other people as well.

Lisa: The beautiful thing is that Aurora has made her entire book, *From Heartbreak to Happiness*, available for free. It's right there on the special offer page. If you go to the bottom of the page you'll see that her whole book is available. Just read it, take it. It's for you and for anyone who's going through this. This is your gift, because this is how committed she is to passing this information along that she has learned, and to people who want to take it further, of course the offer is there for you to be able to (after and beyond reading Aurora's story), if you want to have it in audio book and have her read it to you, it's absolutely healing. Incredibly healing book which is also very powerful, and also the grief coaching CD, and the coaching call. That is... a personal phone call?

Aurora: They'll get a personal phone call from one of my team and we'll help you identify your number one challenge, and your number one opportunity and help you have a breakthrough around it, so the Glorias of the world can give a call and get a little bit of TLC, at least a fifteen minute bit of coaching love - that's how committed I am to really making a difference to all of the listeners. I've got to say, the audio book is brand new, it's a three CD set. So many people have told me how much they love the hard cover book *From Heartbreak to Happiness*, and I've been so honored that people like Lisa have said nice things about it. Dr. Wayne Dyer gave me a beautiful endorsement and really loved the book. I think the audio book - so many people have gone "Ah! I can't believe it's even better than the book!" Because hearing somebody, or hearing me, read it helps those people who like to have that experience while they are driving in their car and they don't have to read it, so it's a really wonderful thing. I know we didn't get as much time, or we haven't yet, to talk about what to say or what not to say and some tips to help others.

Lisa: Oh, it's all in there.

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Aurora: It's all in there - videos to help you, and handouts to help you, and all kinds of - we put everything in there!

Lisa: Yes you did!

Aurora: Lots of love, too!

Lisa: Yes you did, and I'm really grateful for that, so you really get to listen to the book on audio, you get to speak with somebody in person. Aurora's really committed. Alright, let's go towards talking about divorce. Over 50% divorce rate in *this* country, so there are a lot of people in this situation where they are grieving the loss of a relationship. Even if it was by choice, there are things that are going to change, and legal stuff you have to go through, and all of that. What can you help people with in terms of dealing with divorce?

Aurora: Well the first thing, I like to use the analogy of spring cleaning. It's good for divorce or any kind of heartbreak. I think people forget to spring clean after a divorce or breakup or some upset like that. Just like junk accumulates in your kitchen drawer or in your garage, unless you do something about it, it just gets worse and worse. People forget to take the action step of cleaning up their mind and their heart and letting go of a past relationship. One of the keys to you reconnecting with joy and vitality and enthusiasm and health and vigor, and being open to a new relationship, is to take the action step of reviewing the past relationship- which you can just simply review it- and then let go of everything that is no longer useful or valuable. I'm talking about things but even more I'm talking about resentment, bitterness, anger, hostility, retelling again and again those stories about the upset, betrayal or infidelity, whatever the case may be. Do yourself a big favor- write it all down, speak it out to a friend or a coach, and just have a purge. Then, unceremoniously, burn the paper that you wrote all of your upset on, and make a decision. That's it: "I'm not telling those stories anymore." We pollute the present moment by bringing the past into it. Why bring that garbage from the past into the present to tarnish this beautiful lovely amazing day? Learn the lessons from the past, review the past, decide "okay that's it, I'm done with it", and say "goodbye, I'd love to invite you to a little ceremony." If you don't make a forest fire.

Lisa: That's a great idea, to once and for all, truly be done with it.

Aurora: Truly be done with it, absolutely. That's really great for a divorce, and the same five steps that help everybody go from heartbreak to happiness will be helpful with a divorce, helpful with losing a career, a death, anything. The five steps really are: express your feelings- which we gave an example of there- so important to have that opportunity. I express my feelings in the book, *From Heartbreak to Happiness*. You might want to just

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journal your feelings all out , and then burn them when you're done, or you could talk to a coach or a friend. The second step is to accept. When you can truly deeply accept everything that has happened up till now, then you stop resisting it. When we resist it we create enormous stress. We can literally prematurely age ourselves by up to a decade, and we don't change what is. We might as well just allow that whatever is, is, and accept it. The third step is to forgive everybody, everything, including yourself. You may be able to do that on your own with a prayer, lighting a candle, an intention, a decision, or a bonfire after you've, you know, gotten rid of all of the upsets of the past, or you might need support. But forgiveness is your ticket to freedom. I want to draw your attention- a lot of people confuse condoning with forgiveness. The baby step of forgiveness is to give up the hope for a different or better yesterday. Yesterday is not going to change, no matter how much you think it should have been different. People have forgiven the murderer who killed their son. People have forgiven rapists. If they can do that, whatever you're holding onto, you can let go of it too. It's just a decision, it's a choice and it's insane to think yesterday is going to change. So the baby level of forgiveness is just to give up the hope for a different or better yesterday. You can do that, you can choose to do that right now.

Lisa: Well, something that usually helps me, I mean, I've been stuck in that if only, should have been space a long time but what really helped me get out of it is the goal, is moving forward, is what IS in the future.

Aurora: Yeah.

Lisa: The finish line, you know, those things.

Aurora: Absolutely right – and helping others can sometimes be the most powerful goal but it could a goal unrelated to the divorce. You're heartbroken about the divorce, you know, the goal doesn't have to be – anything to do with the relationship quadrant of your life. It could have to do with “You know what? I'm going to write that screenplay” or “You know what? I'm going to run a marathon.”

Lisa: Right.

Aurora: You know? It could be something else entirely. You know and then I think, you know, the two other quick steps to just to finish off the five steps from going from heartbreak to happiness are “Get Support” and then really I think the icing on the cake is always “Helping Others.” So those five steps. Express your feelings – unexpressed feelings are toxic. They've actually studied 4,000 married adults and it was reported in BottomLineHealth – and women who stuffed their feelings after a dispute with their husband were 4 times more like to die in a 10 year period. So, don't believe the baloney

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that you're not feeling it and you're going to pretend you don't feel it and nobody will know. You're keeping the toxins that way.

Lisa: No, I'm glad you said that, and I don't recommend burying yourself in work and goals in order to deny the expecting and accepting and the forgiving part of it all and the support part of it all, because yes, that definitely is easy to do and to turn off the mind and brain and go right into automatic pilot mode.

Aurora: But a goal is a really great thing, you know that I just had a – as I was sharing with you before we started the call, Lisa – a three-day event with the students at the grief coach academy and they all set a goal for the year and I'm just so humbled and awed to see they're writing books, they're speaking, they're hosting events, they're doing teleseminars. They're really making a difference and they can decide to have whatever is your heartbreak. Decide in the memory of that person, to make it really stand for something and to make a difference.

Lisa: Yes, and I love how you put in your information here – “what is the shocking cost of not being happy?”

Aurora: This is amazing! Yes, “shocking cost of not being happy” – happy people actually earn a million dollars more over a lifetime. Woah – not only that, they are 35% less likely to get sick, and they live seven years longer – and they're happier during those seven years!

Lisa: Well yeah! That is interesting...

Aurora: I like the listeners, it actually is a decision; decide to be happy. Make a list, you can do this today also, you can even do this right now while you're listening to this call, make a list of things that make you happy, things that make you smile, things that bring you joy. Happiness basically comes from three different sources – pleasure is the one that we usually think of, that's like ‘mmm yummy dark chocolate’ – you know? That kind of a thing, but it can also come from meaning, happiness can come from the meaning you put on something. So choose an empowering meaning. I love Victor Frankl's book, *Man's Search for Meaning*. Having a clear meaning will change the entire flavor of the experience, and the other source of happiness is full engagement. Mihaly Csikszentmihalyi wrote this beautiful book called “Flow” and it's all about the happiness that comes from being fully engaged. So, when you're playing tennis with somebody who is just a little bit better than you, or you're playing full out on your goal – that is a kind of happiness, so take a moment and write down things that make you happy, and then when you're having a little bit of a ‘blue’ day, look at that list. My teacher at the Grief

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Coach Academy was basically four quadrants – if you like – in your life, and if you just take a piece of paper and you put a cross in the middle so you have got the four quadrants, you've got "happy" on the vertical – the things that make you happy, you know, the neutral line – you're 'just happy enough' – and then you've got things that make you unhappy below the line, and then on the right and left hand axis you've got 'your needs are met' or 'your needs are not met'. So you want to be in that top right hand corner, where you're doing things proactively, you make a decision to do things that make you happy, and you're also meeting your needs in that one quadrant which is only one quadrant out of four. You're happy and your needs are met, so you are happy and productive. The other three quadrants, not so good, they're the area of addictions where you are doing things that make you happy but they are going to foreclose your home because you haven't paid the mortgage – or you are not doing things that make you happy and you are not meeting your needs, that's misery, and you really don't want to go there, that's really bad. Or you ARE meeting your needs, you're paying your mortgage, the light bill is paid, but you're not focusing on happiness and that's the area of DULL. Like Thoreau said, "most men lead lives of quiet", desperation, don't go there! Let's lead lives that are happy and productive, and it's really a mindfulness and a choice, so make a decision now to CHOOSE to be happy, and to focus on things that bring you joy and happiness, and meet your needs and you'll be all good!

Lisa: Maybe to start small is a good way of doing it. This one particular person is in complete overwhelm – lost her job, having physical problems, severe economic problems, she let things go to the point of not wanting to handle things anymore. She is severely depressed. So, can one little start... I mean, I know you deal with these different sides of the spectrum SO much Aurora, with some people who have just 'lost a lizard' to someone who is in this complete state of overwhelm. And I know the answers are different for everyone, right?

Aurora: Well, it can be, although that 'general quadrant' that I just explained, those 'Four Quadrants' is helpful I think for EVERYONE. The way you mentioned it or what came up for me, is that some people think, 'Oh it's like so surprising... that you have all of these grieving things at the same time!', but actually it's not! Grief attracts MORE grief, bad luck attracts more bad luck. You know, 'when it rains it pours' is actually true when you think through an energetic situation. Which is why the most important thing is to do whatever you can to gradually work yourself to a more peaceful, more happy place; – And interrupt the focus on what is going wrong by focusing on what is going RIGHT. – And I am not trying to diminish the genuine authentic pain and agony, I've been there, I just would LOVE to have that magic wand! And, the only way out is through. It's a process and I really urge you to take some action! I lived in Indonesia when I was a teenager. We were staying at this beautiful 5 star hotel with waiters at our elbow, bring us more hot tea or more fresh mango, and it was amazing! And just outside, beyond the

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two Olympic size swimming pools, there was a barbed wire fence, a very high barbed wire fence, and then there was a heap of garbage... and that garbage heap, dogs and humans were in – looking for food to survive. The contrast was so heart wrenching. I'm a very idealized person now, but even as a teenager, you can imagine it was really hard for me to see that and try to get my mind around it. In Indonesia they literally name their children so they can be better beggars...

Lisa: Oh God!

Aurora: Yeah... I share this story because no matter how heart wrenching your life is, there is something to be grateful for. I mean, we live in homes, we live in apartments, we have running water, we don't have well water that has got typhoid in it, we don't have malaria, we don't name ourselves or our children deliberately. There IS something to be grateful for. Even if we can honor our tears of sorrow for whatever is no more.

Lisa: Okay, I have Carol raising her hand, and I know that you are all about helping people, Aurora, and I just want to see if we can talk to Carol for a second, Carol Cospin, from New York. Hi sweetie, how are you?

Caller: I wish I were better.

Lisa: Yeah, well I just wanted to give you an opportunity to talk with Aurora if you can for a minute.

Caller: Oh, I can't tell you how much I appreciate that. Thank you so, so much.

Lisa: Of course, of course. So I want to have you ask Aurora if you can, the question that I had asked for you earlier.

Caller: Well, as I mentioned in my question on the internet, I lost my job, I'm having some severe physical issues to the point where I'm having difficulty walking, I really need to get back to work because I have very severe economic issues. I live alone, I don't have a partner, and I don't have anyone else to support me. I went into a very severe depression to the point where I lost like 70 pounds, although I was very heavy at the time, so I'm from emaciated. But the point is I find that I feel stuck, I feel like I have let so many things go, especially in my apartment, I have let papers go, I have let laundry go, I have let everything go to the point where I just don't want to move forward even though I know I have to. And I tell myself that I need to do this in small steps. Not being able to go out and do all the things I used to do when I was younger, you know... Go to plays, and restaurants with friends, and museums, and so on and so forth, is so depressing, and of

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course the most depressing thing is not having an income. Bills are piling up and I just feel like, as I said in my question on the internet, overwhelmed.

Lisa: Right, and you're speaking for SO many people. I totally got it, I got it Carol, and how brave you are to come on and talk to us right now is beautiful.

Caller: My God, thank you! I didn't know I was so brave!

Lisa: Thank You!

Aurora: Yeah, thank you for your willingness. So what is your most painful thought around this whole situation?

Caller: The very fact that I basically isolated myself to a degree. It's been over three years since I've lost my job, and I have spent a great deal of time – more time at home than I should be, because I can't walk to far, I can't do as many things. I do get together sometimes with friends and we do, you know, locally you go to a restaurant, or whatever, but it's very rare, and few and far in between. I've lost friends as a result of the situation.

Aurora: You say the situation, help me understand a little bit more clearly, so are you isolating because you're depressed, or do you have a physical problem walking that prevents you from connecting with friends? Help me a little bit understand.

Caller: It's actually a combination of both, yeah. I'm isolating because I can't get out and do as much as I want to do.

Aurora: What are you doing during the day?

Caller: A lot of time I've been, just basically, reading, or watching TV, or you know, I do have shops near-by in terms of grocery shopping and so on and so forth.

Aurora: So what did you love to do as a child? What gave you joy?

Caller: What gave me joy as a child? You know, I have to tell that you that I don't think I was ever happy my entire life. I was a very, very heavy child – and always made fun of. I think that I'm very sensitive in many ways.

Lisa: What were you saying earlier, Aurora, about reaffirming these stories, because that's one of the things I'm hearing from you, Carol is that you're reaffirming and reaffirming the depression that you're in and giving up a lot of great evidence for it. Let me ask you a very, very important question if we are going to continue on... Do you want to change?

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Caller: Yeah, OH YES, in-fact when I went out earlier today to get some things, I said to myself, “Carol, you must find a way to move forward, you must, you absolutely must.”

Lisa: Okay, girl. So you are here on this phone call right now, and you’re asking two experts right now for help to change, and I need your commitment that you’re going to with our advice, going to take it on, and you’re going to turn this around for yourself. Can I get that commitment from you?

Caller: Yes.

Lisa: Promise?

Caller: I’m making that commitment, yes.

Lisa: Okay, I want you to stand up.

Caller: You want me to stand up – I’m sitting down right now.

Lisa: I know you are, I want you to stand up. I want you to get on your feet.

Caller: Okay, I’ll stand up, I’m standing up, what else do you want me to do?

Lisa: I want you to just move from side to side for a second. Because I want you to get unstuck, honey. I want you to just start to wave your body from side to side and get a little bit of blood flow going here, and get some of that blood to your brain. Because you are sedentary, you’re stuck. I want you to break some patterns right now, and I want you to tell me, in a positive way, one thing that you can do when you hang up this phone call, that will make you feel good. A small little thing that will make you feel good.

Caller: Well, I can start by doing some of the laundry that’s been piling up for weeks.

Lisa: Alright! This is good!

Caller: You see the thing is when I look – this is the problem – when I look at everything that is piled up... papers and everything else, and I’m not being able to clean the apartment...

Aurora: So focus instead on the image in your mind, how great it will be when you clean that space, and you do the laundry, and whistle while you’re doing it, and also, it’s really great, move your body like Lisa was saying, and when you have this thought, “I’ve always been depressed”, or when you have this thought, “Oh, it’s such a mess”, or you have some negative thought, put a STOP sign, and say NO! I refuse to entertain that

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thought, what if that thought isn't even yours, what if you're just tapping into the collective unconscious? What if it's like a radio program or a TV program in the background, and it's polluting your mind? Choose to keep your mind as a beautiful garden, keep your heart, keep your soul, give your life purpose as a beautiful garden, and if you see a weed, or you notice a weed, go, "Oh! Thank you for sharing, and I'm plucking that weed out, and I'm refusing to go there." That will change your life, and every day choose to do two things that bring you joy, happiness, or meaning. Those two things could be as simple as folding the laundry, or it could be as simple as calling a friend to cheer THEM up, because random acts of kindness to help others are very helpful. Or it could be keeping your gratitude journal, 'I'm grateful I'm alive, I'm grateful I have friends, I'm grateful I have choices' whatever it might be for you. It might be putting body lotion on, in a nice way, and appreciating your body, that you can move! You're not in a wheel-chair.

Lisa: Right! Or just do the socks today, just do the underwear tomorrow, just get a trash can and clear out one space the next day, one thing a day, and if you chunk that down... You just made a commitment to a thousand people, that you want to change, Carol.

Caller: There is a thousand people listening to this?

Lisa: Yes, sweet heart! So every time that you start to come up with that complaint again, I want you to realize you made a commitment to us – to change. And I want you to stay with that commitment, and I want you to get back to me, and I want you to let me know how it's going. Okay?

Caller: Okay, I will. Thank you so much, I appreciate it.

Aurora: Thank you, thank you, Carol.

Lisa: Alright, you go sweet heart!

Aurora: Depression is usually – in my opinion anyway – caused by needs that are not being met. So it's a process to identify what needs are not being met, and then to decide to proactively meet those needs, like the laundry, was a really great example. But just to be clear, Carol's example doesn't really sound like grief to me, when she mentioned she had never been happy, some kind of life-long pattern. So there are some things beyond just grief happening with her. In my view point and my experience, grief is when you're like a normal person, like you and I Lisa, well we are extraordinary (*laughter*) but you know like a normal person and you're going along, and then BANG – you get hit by a divorce, you get hit by a foreclosure, you get hit by the death of a loved one, and that is a different kind of coaching which I didn't do with her because I sensed that that wasn't the issue. Grief is caused by a sudden loss.

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Aurora: For the benefit of any other people who this is up for, make a list of needs that are not being met, and then see if you can take one tiny step to getting them met. So for example, like a widow, she has a need for touch, and for love, and affection that isn't being met. She can just sit there and go, "Owie, owie, owie! My husband's not here and I'm not getting that need met." OR she can notice, "Oh, I have a need for touch, and hug and affection that's not being met. My husband is dead, that's not going to come from that source anymore, but I'm going to be proactive. I'm going to ask my friends and family to give me hugs, I'm going to give MYSELF hugs, I'm going to put my body lotion on after I shower in a way that touches myself, and appreciate my body, I'm going to have a manicure, a pedicure, a massage, get my hair done." You can go brainstorm, "How can I get this need met?" So Carol has a need for more order in her home, she can take a step every day towards meeting that need, doing the laundry, whatever the case may be. So those two things, identify the needs that are not being met take action towards meeting them. Identify the things that bring you joy or happiness, or meaning or engagement, and CHOOSE, every day to start the day by doing two of those things. – It will transform your life. Financial experts say pay yourself first – Well, happiness experts say pay yourself first in terms of how you allocate your day, and you'd be amazed, it only takes like 5 to 15 minutes to do something that will make you happy – It might be meditating, it might be dancing, it might be calling a friend. If you decide to pay yourself first – so to speak – with happiness, by allocating that 5 minutes to half an hour, you will be happy, and your tank will be filled up all day long. Now maybe if you've been suffering for three years, you might not change your life in just a second, but if you deliberately continue to do this for the next 30 days – do two things every day that bring you joy, happiness, meaning, or full engagement, and take care of meeting your needs – you will notice a dramatic shift at the end of 30 days.

Lisa: Yes, and that's why it was a great example of a call too, because just chunking it down to the smallest little thing, every single day like Aurora is talking about, I mean, this is the benefit of connection with other people who are experts in the field, this is why Aurora put together this amazing package for you because there is a whole coaching CD, there is a whole grief coaching CD on things that you CAN do. Tons of different tips and techniques, from the experience of someone who has been through the depression from a death, or divorce, or break-up, or a job loss. There is also the opportunity, by getting the special offer, which you find at theawareshow.com/winter, the strategy coaching call is anything that you want it to be, you get a personal phone call to identify, I mean this is all about connecting with somebody who can help you. The very beginning of this call, we basically said, most people believe they have to go through this alone and it's an unconscious belief, you don't have to. There are SO many things that Aurora has put into

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place in the special offer for you – 90% discount – or something crazy like that. It's like, for her to be able to connect you with ways that you don't have to go through it alone.

Aurora: That's my closest to a magic wand, and I just want to say one more thing, because I so passionately believe in this, and please I hope you hear my heart of service, while I say this... When my husband died, for quite a while, I had it as my identity – that I was the woman whose husband died suddenly – I hate the word widow. But I had that as my identity.

Lisa: Why do you hate the word widow?

Aurora: I don't know, it's just so ugly! The experience was so ugly, and I longed onto the word. But when I "velcroed" my identity to that painful situation, there was no room for shifting, changing, healing, growing, forgiveness, expansion. So be careful what you say, and what you speak about who you are. Because who you are can change in a moment, with more information, with more insight. Please be VERY cautious about saying, "I am a..." and then saying something disempowering... You are a child of God! – that's the only one I'm going to go for.

Lisa: Well, the other thing is, I want to make sure that you also of course respect the loved one who has passed over. There is definitely a component to that, I don't want you all to think, "Oh we're just disrespecting the grieving process" because it's just a different way of looking at it.

Aurora: Absolutely right, but what I'm speaking to is just to – if you are not in a place that you like, be careful around "velcroing" your identity to any negative terms, like "I am a person who is always depressed" or "I am a person who can't find a job" or "I am a..." whatever – all those are limiting belief that don't serve you. You know, I am a person on a hero's journey, and I've had some bumps and obstacles, but you know, by golly I'm going to figure this out! How can I learn and grow, and how can that be a service to others. Does that make sense, Lisa? I just wanted to clarify.

Lisa: Oh my god, it makes perfect sense! And I've got to tell you, it's definitely a good thing. Carol, if you're still on the line, I really want you to know how much you helped people. There are so many people right now that are communicating in saying, 'This is me, I identify with Carol so much, thank you so much for the call, I just lost my job too, I have trouble walking, thank you so much for speaking up', I mean there are just so much support coming in of people who are in this place. Oh my god – a lot of the questions are for Carol!

Aurora: Ah, I love that outpouring of love and support! You have such a COOL community of listeners.

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Lisa: I do! My God! We are going to e-mail you Carol, and we are going to find out how you are doing too. To think of how... you have already helped someone, both you Aurora, and Carol. Having these conversations is so beautiful and there are SO many people that need this communication, that need this help, these are not topics you are going to see in headline news.

Aurora: And yet, you know, what is the point of living if you are miserable? Happiness is so essential for our well-being. Dr. David Lykken said studied over 4,000 sets of identical twins over two decades, and what he discovered kind of goes against what we commonly think. – He discovered that 40% of our happiness is under our immediate and voluntary control – that means that just in a moment, by asking an empowering question like, “How can I make the best of this?” or “How can I do something that makes me happy?” or “What is it that makes me happy?” – and go do that, asking those kinds of powerful questions can change your happiness in just a moment. And then he discovered that about half of our happiness is what he called initially genetic, but then later revised to habitual. The habitual habits that we have of not getting enough sleep, of eating too much sugar, of having habits of not forgiving others, having all kinds of habits, maybe not exercising, not meditating – that don’t serve you. If you choose a simple new habit like keeping a gratitude journal – you can drastically and dramatically change your life so that only 10% of our happiness according to this research which was very extensive by Dr. David Lykken with 4,000 sets of identical twins is from our life circumstances. Most people try to become happier by changing their life circumstances, but the truth of the matter is that even without your life circumstances changing, you can change your happiness, and that will transform your life circumstances. – And that’s with the exception of some devastating life circumstances like the loss of a spouse or a child or a career, obviously that’s understandable, but I just want to empower us to also reverse the order and choose happiness now and then watch how gradually your life circumstances change too, I’ve seen that time and time again with the people I’ve trained at the Grief Coach Academy.

Lisa: Well, that’s wonderful, and then you give a quick and easy way to double your happiness. And if you could share that with us real quick, before we end here...

Aurora: Oh, well that’s in that video, there’s a 20 minute video, a quick and easy way to double your happiness, and it’s got a hand-out with various things to do each day that will honestly only take you 15 minutes. But just quick and easy to shout out what I recommend that you do is every day -- Well the easiest way to double your happiness is gratitude, thank a mentor, write a thank you card, be grateful for the beautiful day, and the other quick thing that’s in that video – you know, CHOOSE to meditate and move

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every day, just 15 minutes will transform your life. And then look for ways to learn new things, as you're learning, you are growing and expanding – that will change your life. Then look for ways to contribute to others whether it's by a smile, or a hug, or an e-mail or a card or a phone call. As you help others, it will also double your happiness.

Lisa: Absolutely, and there are people asking, “How can I help my friend who has lost x, y or z?”... like a child, a mother, relationship, and there are a lot of people that want to help other people too, because there are things that you can say that really can help people move towards their healing, and help them understand that they're not alone, and help them find resources to help themselves. If you want to go to theawareshow.com/winter – Aurora's whole book, *From Heart Break to Happiness*, is on there as well as the audio recording, the chance to talk with somebody who is a grief coach, and an incredible two day work shop filled with skills of people who have gone through this before and an incredible process, and goal setting and all of that is in there, so it's about getting support, it's about getting help, but I am so grateful to you, Aurora, for being the barer of this information for something that's a difficult subject, but SO many people need it.

Aurora: Thank you, it's my joy and my life purpose to make a difference, with like 50 million people dealing with heart break. My goal is to help all of those people through getting the word out on what to say, and what not to say. I REALLY want to acknowledge you, Lisa, for the opportunity to contribute to the listeners, and thank you so much for the listeners for taking the time. Even if you just do one of these things, and never tell somebody. It just takes time, where you just give a hug, or you are there for somebody, encouraging them and letting them know you care – it can make a world of difference to somebody who is dealing with heart breaks – I really honor and celebrate that.

Lisa: Thank you so much, Aurora, I appreciate you. Take care, OK?

Aurora: Thanks, Lisa! Bye for now.

Lisa: Alright, talk to you soon, bye-bye. Alright, and thank you all SO much for being a part of this and for wanting to help so many people, there are a symphony of like-minded people. I really love, love, LOVE my audience – you guys are amazing! Thank you so much – and also I love my team – Bo, Cliff, Joyce, Frank, Gina, Ken, and everybody who helps with the show, you guys are ALL incredible. It's because of you that everything goes so beautifully and smoothly, and thank you. Until next time, I invite you all to STAY AWARE.

–end of transcript–