



Grief is a normal process of life but we understand that this can be overwhelming

You Are Not Alone

“Grief and sorrow do not come to us by chance, they are sent to us by the Divine Mercy for our own perfecting.”

‘Abdu’l-Bahá, Paris Talks, p. 50



The “Kindness project” team are here to provide support and help you cope after the death of a loved one – to book an appointment with one of our volunteers;

Call Bahu Trust on 0121 440 4096

Email friends@bahustrust.org

Visit <https://bahustrust.org/the-kindness-project/>

Baha'ism and Bereavement

There is no question that the burden of grief arising from separation on a sorrowing heart, is heavier than minds can conceive, or words can tell. Yet Baha'is believe that at the time of death, the deceased have *"stepped from this world into another"* and we will be reunited with them in the divine realm: *"It (the soul) will endure as long as the Kingdom of God, His sovereignty, His dominion and power will endure."*

We are encouraged not to lament excessively, as this may sadden the soul of our loved one who has passed on. We should rather celebrate their life in a joyful way, to cheer their soul.

In the Writings the analogy of a bird in a cage is used. *"Our body is like the cage, and the spirit is like the bird... if the cage becomes broken, the bird will continue and exist. Its feelings will be even more powerful, its perceptions greater, and its happiness increased. In truth, from hell it reaches a paradise of delights because for the thankful birds there is no paradise greater than freedom from the cage."*

Once the soul is released from the body it will continue to progress in the spiritual world until *'it attaineth the presence of God'*. Abdu'l-Baha (*son of Baha'u'llah, founder of the Baha'i Faith*) was once asked 'How should one look forward to death?' to which he replied 'How does one look forward to the end of any journey? With hope and expectation.'

In this physical life we cannot understand the spiritual next world, just like an unborn child has no concept of the world outside the womb, but we are assured that it is all around us. *"Those who have ascended have different attributes (conditions) from those who are still on earth, yet there is no real separation. In prayer there is a mingling of stations, a mingling of conditions. Pray for them as they pray for you."*

Top Tips

Pray for your loved ones who have passed on. Not only will this help their soul to progress, but will bring you comfort and strength.

Remember that the soul of your loved one lives on in a spiritual world, and therefore much happier and peaceful.

This spiritual world is all around us and we can 'communicate' with those who have passed on through prayer.

Be accepting of and patient in the will of God

"Sorrow not if, in these days and on this earthly plane, things contrary to your wishes have been ordained and manifested by God, for days of blissful joy, of heavenly delight, are assuredly in store for you. Worlds, holy and spiritually glorious, will be unveiled to your eyes."

Express your feelings in a tangible or creative way. Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say

Try to maintain your hobbies and interests. There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.

Don't let anyone tell you how to feel, and don't tell yourself how to feel either.

Your grief is your own, and no one else can tell you when it's time to *"move on"* or *"get over it."* Let yourself feel whatever you feel without embarrassment or judgment.

Plan ahead for grief "triggers."

Anniversaries, holidays, and milestones can reawaken memories and feelings. Talk to family & friends ahead of time about their expectations and agree on strategies to honour the person you loved.

Look after your physical health

The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising.

Reconnect with Nature

It has been proven to help with the grieving process. Go for long walks in the park or just take time out in the garden

Contact Us

Organisation	Community Offer Now	Contact Number	Email Address Web Page
Bahu Trust	The "Kindness Project", bereavement support and a befriending service to anyone living in the Hall Green Constituency	Call 0121 440 4096 and ask for Abdullah Rehman	friends@bahustrust.org https://bahustrust.org/the-kindness-project/
Cruse Birmingham	Bereavement Service	General Enquiries 0121 687 8011 10am - 4pm Self-Referrals 0121 687 8010 leave a message and this will be returned via call. In need of urgent support call 0808 808 1677	https://www.cruse-birmingham.co.uk/
Birmingham Bereavement Advice Centre	Bereavement	0800 634 9494 Mon – Fri 9am - 5pm	www.bereavementadvice.org
Governments Support	funeral costs	N/A	Get help with funeral costs (<i>Funeral Expenses Payment</i>) - GOV.UK (www.gov.uk)
St Mary's Hospice	Bereavement Telephone Service Free one to one support to those who are struggling with the loss of a loved one due to Covid-19	07966165193	www.birmingham-hospice.org.uk/community-bereavement-service



Hall Green
Neighbourhood
Network Scheme

