



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

## You Are Not Alone

*“As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones.”*

**Bhagavad Gita 2.22**



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](mailto:friends@bahustrust.org)

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

## Hinduism and Bereavement

We think life will be very straight forward. We know where we are and we know where we want to go, but we know there are many obstacles, events and unplanned situations that confront us. One of those events is death.

Death will always be a turning point in our life.

The Bhagavad Gita gives us a very clear understanding on this topic. The Gita tells us that the soul is eternal and as the body changes, the soul similarly passes onto another body at the time of death. The soul is unborn, ever existing and is not slain when the body is slain.

From the above statements, we can infer that the soul is on a journey towards the spiritual world. If the soul does not achieve self-realisation in this life, then they will have another opportunity in the next life – this process is called reincarnation.

As Hindus we understand that the body is just a vehicle and the soul is the passenger who drives the vehicle. Therefore, at the time of death, the body is usually cremated. This allows the departed soul to abandon any attachment for its previous body and move swiftly forward to the next chapter of their life.

If a loved one is passing away, usually friends and family would read sacred verses from Bhagavad Gita, sing Vedic mantras, sprinkle Ganga water, place Tulasi in the mouth and offer a garland of flowers from the Deity (*temple Murti*).

Funeral ceremonies should therefore be performed as soon as possible. In India, its normally within hours. However, regulations elsewhere mean it may take longer.

There is also a period of mourning extending to 13 days after the funeral. During this time, the family spend time to mourn and reflect on their loved one. Most essentially is the Shraddha ceremony performed one year after the death and can be performed in correspondence with the local temple.

At present regrettably funeral directors are unable to facilitate the movement of the deceased for procession, nor any form of ritual washing or faith-based preparation of the deceased within the funeral premises or at a private residence.

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## Top Tips

**Read any chapter from Bhagavad Gita.** One usually reads chapter 15

**Look for the right support.** Contact College of Vedic Studies Birmingham 07966 238 376/your local temple. They can provide spiritual talks from the Gita and bhajans for the departed soul.

**On the funeral day,** read sacred verses from the Gita and chant Vedic Mantras. This will ensure the soul can pass into their next journey peacefully.

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



**Hall Green**  
Neighbourhood  
Network Scheme

