



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

You Are Not Alone

“Those who meditate on God attain liberation. For them, the cycle of birth and death has been completed”

Guru Granth Sahib page 11



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/>

Sikhism and Bereavement

We rely on our relationships for our wellbeing. Naturally, the loss of any one of our relationships can be a challenging experience. It can leave us feeling lonely, cheated, angry and many other feelings. Gurbani (Sikh Scripture) is filled with an understanding of loss and inspiration to channel those feelings into something positive. The Gurus understood human emotion and recognised that separation (bereavement) is deeply upsetting. Gurbani looks at things uniquely: in times of happiness, we can forget God; but in times of loss, we remember God and reflect on the impermanent, uncertain nature of human life more deeply. Gurbani says:

‘Sorrow is medicine.’

According to Sikh teachings, death is predestined and is an unavoidable aspect of life which we should prepare ourselves for. The Gurus taught us to reflect on the purpose of our own life when reflecting on loss. The **sehaj path** (*complete reading of Sri Guru Granth Sahib Jee*) recited in the immediate days following somebody's death is conducted to ask for peace for the deceased and comfort those grieving.

There is a metaphor in Sikh literature that the body is like a horse, and the soul is its rider. The horse (*body*) will become weaker and pass away, but the rider carries on and is independent of the horse. This means the soul is eternal and is on a journey to merge with its creator (*Vabeguru*).

As Sikhs, we should try to remain in **Chardi Kala** (*High Spirits*) and look for positives. This could include reflecting on cherished memories. Some of the words Sikhs use for death reflect this:

- Charhai (*meaning rising*)
- Akaal Chalaana (*Timeless Journey*).

Top Tips

Listen to Kirtan, the musical recitation of Gurbani, especially in classical Indian melodies known as Raag. Raag Kirtan allows us to explore our emotions and soothe our aching hearts. This is a holy musical therapy and will bring calmness.

Listen or read the stories from the lives of the Gurus or discourses on Gurbani (*katha*). The **Janamsakhis** of Guru Nanak Dev Jee are very uplifting and teach us much about the nature of life.

Be kind and compassionate and allow yourself time and space to heal. Culture may demand lots of public grieving and collective mourning, but Sikhi teaches us it is okay to have time alone or one-to-one support which is available. Self-care is not selfish.

Seek help and guidance, if you're experiencing symptoms of grief talk to someone close straight away

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

