

Wendy Black Stern - Transform Loss Into Life Reimagined

What You'll Discover in These 7 Weeks

In this 7-week transformational journey, Wendy will guide you through a mind/body/spirit approach to processing the emotions associated with grief, helping you open to the healing and new possibilities that await you in accepting and embracing your life reimagined.

Module 1: The Power of Grieving in Community — Creating a Safe Container (September 3)



We begin this journey by co-creating a safe space for your grief to be felt, expressed, shared, and healed. Together, we'll create **a virtual circle that offers unconditional love and acceptance** — where all experiences and feelings are acknowledged and validated.

You'll learn to be a witness for yourself and others, cultivating compassion, self-awareness, and connection. Trust will be created to invite greater vulnerability and authentic sharing.

And, we'll explore the relationship between our thoughts, emotions, spirit, and physical bodies to create a learning community in which our **grief serves as a catalyst for personal growth and transformation**.

In this session, you'll discover:

- An understanding of the group's sharing guidelines, fostering a greater sense of safety and connection to others who are grieving
- A feeling of connection within community that creates **a safe container for vulnerability and sharing**

- How somatic movement and mindfulness open the door to self-discovery, acceptance, and the **release of difficult emotions**
- How **gentle yoga therapy practices** can support you in bringing old wounds to the surface to be transformed into self-understanding, love, and gratitude
- An overview of the philosophy and primary teachings of mindful grieving
- **30 minutes of gentle movement** to help you integrate the week's teachings, your emotional shifts, and new self-discoveries

Module 2: Cultivating Profound Presence Through Body Awareness (September 10)



Opening to the belief that you have to “feel it to heal it,” you’ll dive deep into somatic exploration to cultivate greater presence and awareness of the sensations, thoughts, feelings, and spirit within you. You’ll learn how to track your emotions, including where they “live” in your body, and to **courageously lean into your feelings, rather than avoid them.**

You’ll also explore the art of holding sacred space for others and the power of being witnessed in your authentic expression. Through shared experiences of loss and a compassionate group presence, you’ll **come to know and love yourself more fully.**

In this session, you’ll discover:

- How to feel your grief and notice the emotions and sensations held in your body, so you can move through and release them
- Tools for cultivating greater awareness of your physical, emotional, mental, and spiritual bodies
- How to **witness yourself and others and serve as a mirror and sounding board** — which can ultimately open you to loving yourself more fully
- The value of grieving in the collective, which offers you a reflection of your true nature and the light that can grow out of the darkness of grief
- **30 minutes of gentle movement** to help you integrate the week's teachings, your emotional shifts, and new self-discoveries

Module 3: Unconditional Love & Acceptance — Exploring Your Relationship With Yourself (September 17)



When our hearts break open, there's an inherent opportunity to explore our shadow aspects — those parts of ourselves we hide from or keep out of the light.

This week, through mindfulness practices and somatic exploration, you'll learn to illuminate these shadow selves as pathways to **supporting, loving, and accepting who you truly are**.

Self-love is also born from acceptance of your loss — one of the most challenging aspects of the grieving process. Yet, when acceptance is connected to honoring and loving oneself through grief — regardless of how painful the circumstances — powerful transformation can occur. You can not only move through your grief, you can **stop resisting yourself and your life, which opens the door to true peace**.

In this session, you'll discover:

- Greater self-understanding, compassion, and self-love through gentle yoga therapy and somatic movement
- A safe space in which to explore your authentic relationship with yourself and **release old stories and self-limiting beliefs**
- A greater understanding of the word “acceptance,” and support to release resistance to how your life is now
- How to listen to your heart's desires as you **explore your relationship with acceptance**, forgiveness, and self-love
- **30 minutes of gentle movement** to help you integrate the week's teachings, your emotional shifts, and new self-discoveries

Module 4: Grief as a Teacher — A Journey of Transformation & Uncovering Your True Self (October 1)



The journey of grief can be a catalyst for personal growth and transformation — when we're able to sit quietly with ourselves and **receive the wisdom that can only come from within.**

This week, you'll explore what you're learning about yourself and the world, not *in spite* of your grief, but *because* of it. You'll learn how to open yourself to the teachings of your loss and its hidden gifts.

You'll be supported to shed the armor that protects your heart so you can **be fully seen and loved for who you are.**

In this session, you'll discover:

- The hidden teachings and gifts within the grieving process that enable you to **allow more love and life to flow in**
- Increased clarity and awareness of what you're learning about yourself, your relationships, and the world as a result of your loss
- How you can **bring the teachings of your grief more fully into your life** as a pathway to gratitude
- Your internal and external resources for accessing your inner wisdom and a greater sense of freedom in your life
- How to be vulnerable as you **explore the teachings of your shadow selves**
- An understanding of how you guard your heart, so you can become aware of when this is serving you and when it's not
- **30 minutes of gentle movement** to help you integrate the week's teachings, your emotional shifts, and new self-discoveries

Module 5: The Evolution of Identity Through Loss — Opening to Who You're Becoming (October 8)



When you experience a loss, a part of you dies — the person you once were before undergoing a metamorphosis. The identity crisis inherent in this process calls for you to grieve the loss of the old you... and at the same time, to be aware of and **open to the potential of who you're becoming**.

This can feel stressful, painful, scary, and vulnerable, but ultimately it has the power to lead you to profound transformation and a newfound sense of purpose. From this powerful place, you **feel greater love for and a deeper connection to yourself** — gifts that can ripple outward to touch the lives of others.

In this session, you'll discover:

- Support to explore the evolution of your identity through your experience of loss
- The “Tunnel of Terror” as a metaphor to **better understand your personal evolution of identity**
- Gentle guidance and support to grieve the parts of yourself that have died as you open to new parts that are ready to be birthed
- Your true heart's desires and your emerging path and purpose
- An increased **awareness of your inner spark and resiliency**
- Greater authenticity as you explore who you are now, as a result of your loss
- **30 minutes of gentle movement** to help you integrate the week's teachings, your emotional shifts, and new self-discoveries

Module 6: Embracing Change — Support for Tuning In to Your Purpose (October 15)



This week, you'll discover how grieving can open you to passion, purpose, and even a willingness to change. The new you, percolating beneath the surface, needs your attention, and you'll **receive support in stepping out of your comfort zone** to try on this new identity.

You'll learn tools and practices for gaining courage to **breathe life into the parts of yourself that are ready to emerge**... exploring what brings you joy, connects you to others — and yourself — and ignites passion and purpose.

In this session, you'll discover:

- Guidance to explore your dreams, desires, and fears around change
- Mindfulness and somatic movement practices to **explore where you're holding back and how to let go**
- The blocks that hinder your process of change and how to help your soul's purpose be realized
- Greater awareness and support to live the change you desire
- **30 minutes of gentle movement** to help you integrate the week's teachings, your emotional shifts, and new self-discoveries

Module 7: Planting Seeds for Transformation — Creating Positive Change in Your Life (October 22)



As you open to the energy of renewal and step into your new life with greater intention, you find that it *is* possible to hold joy and grief, love and pain, and **to honor all aspects of yourself fully**.

You've created space for the fullness of your grief experience and arrived at your center — the integration of the old and new you. You can truly feel your wholeness as a person, are better able to stay present, and can **ride the currents of your transformation with greater ease**.

In this session, you'll discover:

- That the process of renewal is a returning to yourself — again and again — to re-evaluate and **honor what you feel, think, believe, and know yourself to be**
- How to let go of self-limiting beliefs to become more expansive and self-empowered
- A deeper feeling of intimacy and connection within the virtual community, as you're supported in **awakening to your new life**
- Self-reflections for further understanding your internal and external resources
- Practices for integrating your learnings from this profound journey
- **30 minutes of gentle movement** to help you integrate the week's teachings, your emotional shifts, and new self-discoveries

The Life Reimagined Bonus Collection

In addition to Wendy's transformative 7-week virtual course, you'll receive these powerful training sessions with leading visionaries and teachers. These bonus sessions complement the course and promise to take your understanding and practice to an even deeper level.

Create a Container for Your Grief: A Daily Practice for Tending to Your Grief & Letting Go

Video Teaching With PDF Companion From Wendy Stern



While there is no road map or right way to grieve, there are some gentle, supportive practices that can support you to tend to yourself and move through your experience of loss. In this video, Wendy shares with you a simple, yet powerful practice that you can do each day to create a container for yourself to feel your emotions without becoming swallowed up by the intensity of your grief. By creating a container for your grief, you will be guided to feel your emotions and release them a little bit each day, so that you do not have to carry the burden of your grief with you throughout your life. You will also receive a handout that explains how to do the practice.

Practices to Support Healing From Grief

3 Guided Audio Meditations From Wendy Stern



Connect to body, heart, mind, and spirit as Wendy guides you into your inner sanctuary through three guided audio meditation practices. In each practice, you'll explore the inner territory of your being, become intimate with the places where you're holding your grief in your body, and be supported to let go of resistance and allow your emotions to flow. As a

result, you'll feel more grounded and centered in your life, accepting and compassionate toward yourself, and empowered to open to gratitude and self-love as you create positive changes in your life.

The Fearless Path of Mindful Grieving: 4 Tenets to Support You Through Your Journey of Grief & Transformation

PDF Teaching From Wendy Stern



Meditation is a powerful teacher when you're grieving. These four principles of how to bring mindfulness into the grief process and transform yourself through your loss came to Wendy on the top of a mountain while she was sitting in deep meditation surrounded by the spiritual presence of her son, Noah. In this special offering, you'll be invited to look within and open to greater love and understanding of yourself and the wisdom that comes through your loss by learning how to live in the present moment, open your heart to feel more, be vulnerable and authentic, and transform pain into love.

Broken Open

Audio Dialogue With Mirabai Starr and Elizabeth Lesser



Loss breaks you open, yet it can awaken you to new and radically authentic ways of being. **Mirabai Starr** (author, spiritual teacher, and certified bereavement counselor) speaks with renowned author and inspirational speaker **Elizabeth Lesser** (frequent *Oprah* guest, author of *Broken Open* and *Marrow*, and co-founder of Omega Institute) about Elizabeth's experience as the donor for her sister's bone marrow transplant, and companioning Maggie as she died a year later. As humans we learn, grow, and connect through storytelling, and as you'll see, Elizabeth is a gifted storyteller.