

## SOLO EMAIL

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*Promotion dates: January 1st - January 14th*

Subject: I am speaking on the 'Conscious Grief Series 2'

Dear XXXX

Have you ever thought about what it means to grieve consciously?

Tara Nash reached out and asked me to be a speaker on her upcoming series of interviews and this subject line caught my eye immediately.

Her experience of grief was mostly unconscious until she pursued her masters in Spiritual Psychology at the University of Santa Monica where she had so many 'aha' moments whilst studying grief. Finally it made total sense why her internal world often felt like a foggy, uphill struggle for so many years.

Tara's father Peter died suddenly of a heart attack when she was 9 years old and then her mother died of breast cancer when she was just 21. She had no framework on how to grieve and just soldiered on through life for many years, mimicking her mother Penny, whose motto was '*be strong and stay busy.*'

The inspiration for putting together this online series of interviews is to see the benefit of grieving consciously. Grief is a heavy topic, but actually there is so much we can learn from it.

Here are a few things that will be covered in the interviews:

- Why healing in community is so helpful
- How breathwork is such a supportive healing modality for grieving hearts
- How to continue relationships with our loved ones after they have died
- Is there an afterlife?
- Ideas for mourning our loved ones
- Where do we place our love after someone dies?
- Pet loss
- Divorce and relationship breakdown
- Why yoga can be supportive in your healing
- What is EMDR therapy and how can it help you in grief
- Grief changes us at a molecular level, how to start rebuilding your life

Tara has extended her study into a series of interviews with 21 experts in this field because she is passionate about exploring the deep and rich emotions where transformation and growth can take place.

It is called the: *Conscious Grief Series 2 – how to navigate through grief to find joy, connection and happiness again*

I have a complimentary ticket for you to attend. [Click here to register <<< \(INSERT YOUR TRACKING LINK\)](#)  
- you can watch the interviews from home, in bed or on the move!

This FREE event is for compassionate hearts. We have been grieving on a global level since our lives have changed immeasurably due to the pandemic and I know this information will be so valuable for you and many others. Our pain and sadness is not something to be dismissed and overcome, it is something to be held and nurtured.

Please don't miss out on all this amazing wisdom! [Register here for this free event <<< \(INSERT YOUR TRACKING LINK\)](#)

With Love  
XXXXX