

# PREPARING FOR THE LOSS OF A FAMILY MEMBER OR FRIEND

THE UNFORTUNATE CONSEQUENCES OF THE EPIDEMIC OF FEAR



- MISSION STATEMENT -

## STRESS INTERVENTION TEAM

- The goal of the Stress Intervention Team is to work with the other YCPT teams to build a base of skills to support and educate the community on being emotionally, mentally, physically and socio/politically prepared and resilient.
- The material and techniques presented by the Stress Intervention Team are for self-help educational purposes to manage and decrease stress caused by current and future man-made and natural events. We recognize that an important aspect of stress reduction is to restore individual sovereignty and empowerment.
- Materials are developed by instructors with training in traditional medicine, energy medicine, psychology, investigative research and analysis and others from a wide range of healing arts.



# THE ELEPHANT IN THE ROOM

I have talked with people who are part of prep groups about the warnings that we have heard about the shots and what may become of people who have taken them. Many of us have friends and family who have taken the shot, so we fear the suffering or loss of those they love.

- Many people say they can't even think about what it might be like to have a large number of people die as many respected scientists have predicted. I confess that I also feel an overwhelming feeling of dread, extreme grief and absolute outrage when I consider such a scenario.
- Acknowledging that we are preparing for someone to die is not a betrayal; it is not giving up hope. It is taking responsibility for preparing ourselves and those around us.

# SO WHAT CAN WE DO?



- Some of my friends have said, “I just don’t want to even think about it. I just can’t.” Others say, “I just pray it isn’t true, that’s all I can do.”
- These are normal and honest responses. Unfortunately the more we try to avoid the pain, the less we will be able to manage the events. Loss of someone we love is a profound grief; so profound , that none of us wants to face it.
- Sadly, avoidance generally results in magnifying the discomfort. We are kept in a state of fear which clouds our thinking and our ability to respond effectively.
- Avoidance of our feelings also will not prepare us to have difficult conversations with those who have taken the shot and who may begin to realize that they made a serious mistake. We can expect them to feel betrayed. Their reactions to the betrayal will be intense.

# I SUGGEST IT IS VITALLY IMPORTANT TO PREPARE FOR WHAT *MIGHT* HAPPEN



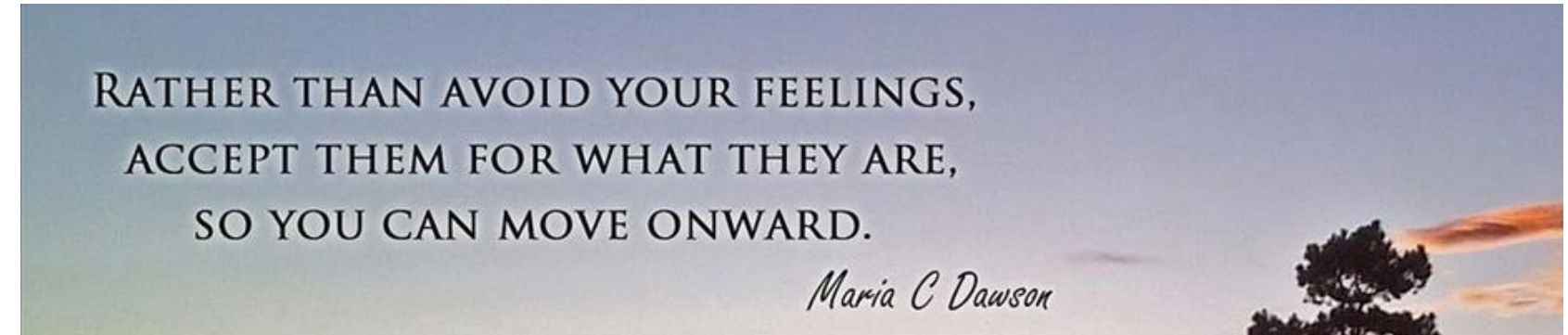
- As in every aspect of preparation, when we prepare emotionally we are able to take care of our own emotional reactions. We can also take care of others.
- I worked for 4 years facilitating support groups for the family members of cancer patients. I consider that the effects of the shots may result in scenarios very similar to dealing with any life threatening illness. So, I would like to share what I have learned.

# WE NEED TO ACKNOWLEDGE WHAT WE ARE FACING



- First, we need to acknowledge clearly to ourselves and others who will join the conversation, that we are facing the death of people we know and care about.
- It is normal for people to want to avoid this conversation; avoidance is what creates stress, ongoing fear, and a sense of helplessness. When we face any fear head on and really accept within ourselves that the unthinkable may happen, it allows us to move past the fear and to begin to prepare.
- The scale of what we might be facing will not just include family members and friends but numbers that are hard to comprehend at this point. So, it may be like living through a plague where large numbers of people die, or a war with large casualties.
- Those who took the shot and realize they have made a life threatening mistake will need to talk about it. They will need us to be strong enough to go through the grief and anger together.
- The fact that this is a man-made tragedy on an unthinkable scale adds to our emotional shock.





RATHER THAN AVOID YOUR FEELINGS,  
ACCEPT THEM FOR WHAT THEY ARE,  
SO YOU CAN MOVE ONWARD.

*Maria C Dawson*

- The conversation we need to have with each other is that loss is likely to happen and that it will be very painful. We are already feeling profound grief, outrage, feelings of betrayal, overwhelm and anger at those who have complied.
- It is also difficult to accept the level of evil that created this tragedy.
- This step is very important because by doing this we can discover that facing these uncomfortable emotions is extremely difficult, but possible.
- We can also take all the time we need to come to an acceptance of this possible outcome. This is a crucial step in taking care of ourselves.
- Acceptance does not mean not feeling the pain. Loss of loved ones is part of human life on the planet.



# WE NEED TO ACKNOWLEDGE OUR OUTRAGE



- We need to acknowledge that we are and will be outraged by the suffering because we know it is completely due to abusive measures taken by diabolical people.
- An important aspect of maintaining our sovereignty and mental health during these events will be to keep clear who is responsible for the misinformation and trauma.
- It is not our fault if family members are manipulated by fear and disinformation and take the shot.
- It is also not our fault if people do not do their own research about the shots.
- When we acknowledge the outrage and sadness we need to feel the emotions and not try to suppress them. So, that means crying, expressing the anger in words, working out, whatever you have used in the past that helps you release the feelings.

# WHAT WE CAN DO



- As mentioned earlier, acknowledging that we are preparing for someone to die is not a betrayal; it is not giving up hope. It is taking responsibility for preparing ourselves and those around us, for the possibility of losing a friend or family member.
- When we acknowledge the outrage and sadness, we need to feel the emotions and not try to suppress them. So, that means crying, expressing the anger in words, working out – doing whatever you have used in the past that helps you release the feelings.

## SPECIFIC STEPS TO TAKE




**WE TAKE  
CARE OF THE  
FUTURE BEST  
BY TAKING  
CARE OF THE  
PRESENT  
NOW.**

**JON KABAT-ZIINN**

- We will learn that we can find ways of comforting ourselves.
- We need to consider specific things we can do, to take care of ourselves and other survivors.
- Facing the fact that we may lose someone also allows time to consider what we want to do to take care of any unfinished business with those who may be the victims of the shot. This might include considering how we want to say good bye when they are dying.

# STEPS TOWARD OVERCOMING THE SENSE OF HELPLESSNESS



The purest suffering bears  
and carries in its train the  
purest understanding.

John of the Cross

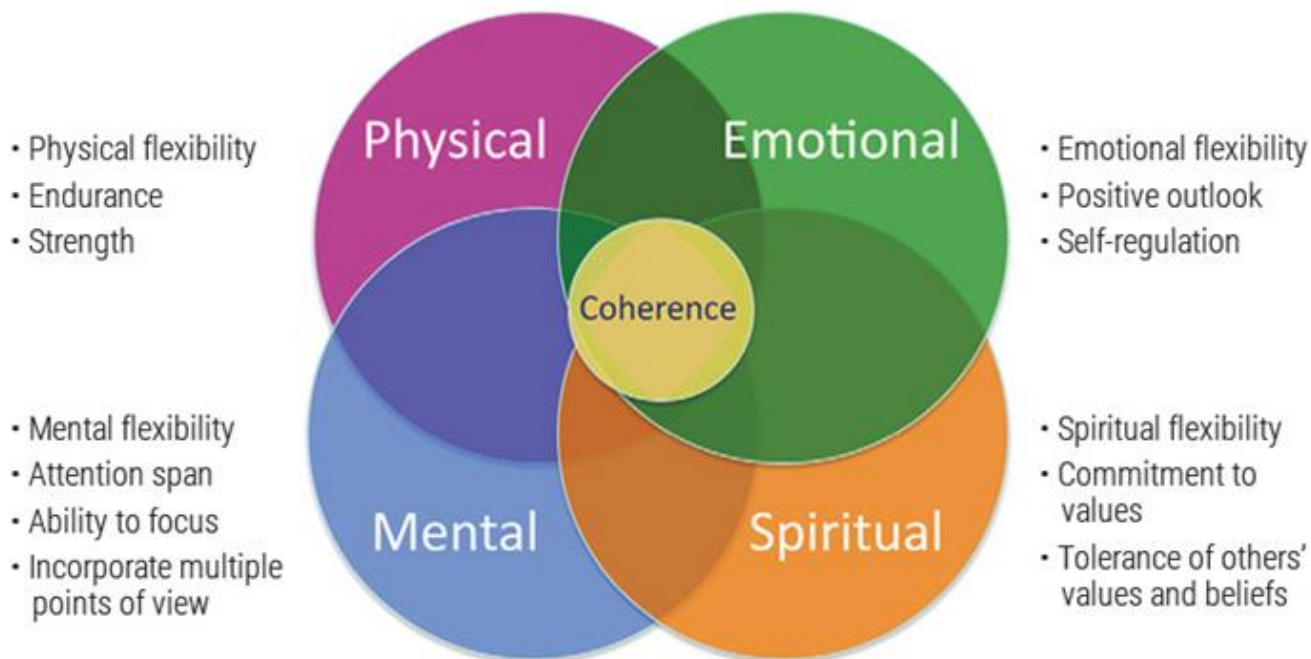
- While it is true that we can't prevent anyone's death, we can accept that we are not responsible for the death. While we know it will be painful to see someone suffer, we can think about things we might do to help them feel more comfortable and safe. We can think about support networks for ourselves and them.
- These steps are actually the beginning of overcoming the sense of helplessness.
- We can also consider in advance how to address the anger that we will likely feel toward the loved one who took the shot and exposed themselves to the permanent effects on the rest of the family. Being angry about someone taking the shot is a normal response.
- Once we get past the anger we can come to having compassion for the fact that they made a choice based on fear, a desire to fit in, a belief that it would give them more freedom, or they felt compelled by an employer to do it, whatever motivated them.

## PREPARING IN PRACTICAL WAYS FOR THE LOSS

Grief is like  
living two lives.  
One is where you  
pretend that  
everything is  
alright, and the  
other is where  
your heart  
silently screams  
in pain.

- Unfortunately, we are learning that insurance companies are not paying for illness caused by the shot and the pharma companies have no financial liability. These circumstances can result in families having huge financial burdens.
- Consider how the family will deal with this. Are there any steps that could be taken now that could mitigate the financial impact in some way? What kind of plans can be made to help someone who lives far away?
- Catherine Fitts has a great worksheet on her website that outlines all of the areas that could be considered in this regard. See it here: <https://home.solari.com/family-financial-disclosure-form-for-covid-19-injections/>

# Domains of Resilience



- Finally, we can talk to each other about what it might be like to be survivors and how we can support each other going forward.
- Consider how our spiritual beliefs can help sustain us.
- The more we have these serious conversations now, the stronger and more resilient we will be.