

Blessed Are They that Mourn with Elena Bertran

Fruits and Gifts of the Spirit, Thomas Keating

It's OK That You're Not OK, Meeting Grief and Loss in a Culture That Doesn't Understand, Megan Devine

The Wild Edge of Sorrow, Rituals of Renewal and the Sacred Work of Grief, Francis Weller

Richard Rohr's Daily Meditations, Everybody Grieves, August 1, 2021 – August 7, 2021,
<https://cac.org/everybody-grieves-weekly-summary-2021-08-07/>

7 min. James Finley video on the trustworthiness of death
<https://www.youtube.com/watch?v=MiKAr4xhOi8&t=191s>

Feeling Our Pain video, poem by Chuong Lu
<https://www.youtube.com/watch?v=IhB-pKLJSfU>

Hymn to St. John the Baptist
<https://www.youtube.com/watch?v=p0Qh45yzLT4>

Healing Gregorian Chants Angelic Choir 432Hz Music
<https://www.youtube.com/watch?v=xY2L-PYsSkM>

9 Ways Crying May Benefit Your Health
<https://www.healthline.com/health/benefits-of-crying>

The Science Behind Solfeggio Frequencies
<https://www.relaxmelodies.com/blog/science-behind-solfeggio-frequencies/>

Blessing That Holds a Nest in Its Branches
<https://paintedprayerbook.com/2012/06/12/secret-of-the-seed/>

Blessing in the Chaos
<https://wordsfortheyear.com/2015/07/21/blessing-in-the-chaos-by-jan-richardson/>

Blessing When the World Is Ending
<https://paintedprayerbook.com/2016/07/18/blessing-when-the-world-is-ending/>

“The Gift of Tears,” *Spirituality and Practice* website.
<https://www.spiritualityandpractice.com/practices/features/view/22736/the-gift-of-tears>

“Overcome Grief and Sadness, Find Consolation and Inner Peace (396Hz Healing Solfeggio Frequency Music),” Pierre Ynad,
https://www.youtube.com/watch?v=SmMv6GC3Je4&list=PLECQEcqfKRKWYuERUH6_ttiXC1xlumeTe&index=2&t=212s