



Bereavement Dreaming and the Individuating Soul

Geri Grubbs

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When you lose a loved one, the experience is both mythical and personal. Grubbs explores the archetypal aspect of the death experience in the myth of Gilgamesh and his quest for his lost friend and the meaning of life. The personal aspect arises in the particular healing path you take. Both realms blend in the dream space where you may encounter your lost beloved. Here you can find comfort and renewal as well as participate in your beloved's own growth along his or her own soul journey. Grubbs presents several personal stories of people who have worked through their grief by discovering and using the soul's wisdom hidden in their dreams. Her description of Mexico's Day of the Dead celebration provides an insightful example of how other cultures accept death as part of the life process. She includes suggestions to help you catch your dreams and honor them and your departed loved one so you can grow in a healthy direction from the experience.

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