



# THE MARIGOLDE WAY

## **Warmth:**

Warmth is comforting and stabilizing, and is a necessary element to help us digest our experiences.

- Use warming spices such as cinnamon, ginger, cloves, and black pepper in warm milk, tea, or in your meals.
- Oil your body or hair with warm oils, and follow with a warm bath.
- Engage in warm conversations with someone you love.

## **Digestion:**

Tending to digestion allows us to become discerning about what we are taking in, our capacity for processing it, and an awareness of our level of accumulation and the seeds of overwhelm.

- Be aware of how much social media, news, and work communication you are taking in and how it makes you feel. Know that everything you take in, whether it is a conversation, a meal, or a time commitment, must be digested by your body and mind.
- Be mindful of your capacity to digest, and choose what feels simple to you right now.
- Choose warm, soft, well spiced foods to allow for ease in your physical digestion.

## **Rejuvenation:**

Grief changes us. It is important to be intentional about feeding our souls during this time. As we begin to digest and integrate our experiences, the light of renewal can find us.

- Eat foods that are high in protein, fats, and minerals.
- Allow people to care for you when they offer. It takes an ecosystem of care to help us rebuild from great loss.
- Engage in activities and experiences that bring you joy, even if for a moment.



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## **Pleasure:**

Pleasure is a balm to our minds and hearts, slowly building fortitude and resilience as we navigate grief.

- Take in beauty through your senses. Take time to stare at a beautiful flower. Indulge in listening to music that speaks to you. Dress in soft fabrics that feel good on your skin.
- Set a simple and beautiful table where you sit down to eat. Slow down while you are eating and tune into the environment, sounds, and flavors that soothe you.
- Move your body in ways that feel good to you. Try not to judge the movement. Let your body tell you what it needs.

## **Ritual:**

Rituals help us bridge shifts in our realities, connect to our family and cultural traditions, and ease transitions. Repetition and intention support predictability and soothe our nervous systems.

- Incorporate daily ritual in simple ways. For example, you can set an intention for your day as you stir your coffee, or say the same phrase or affirmation upon waking.
- Create a small altar for your grief process. Add offerings, say prayers, read poems. Spend time here, in communication with yourself and your grief.
- Choose a small and simple action you would like to incorporate into your life and be intentional about completing that action during a specific time of day or as you are moving from one state of mind to another (i.e. leaving the house to go to work, or leaving the hospital room to return home).

Excerpt from What Is Your Grief Craving, A Grief Journal.  
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