

***“I Didn’t Get a Chance to
Say Good-bye ...
Now What Can I Do?”***

Practical Tools to Learn Manage the
Pain, Anger and Sorrow of Not Achieving Closure
with a Loved One and Start Living a Well
Balanced, Peaceful and Content Life

Includes the Book - Part Two:

Write Your Own Funeral Service

Prepare and Deliver Your Own
Funeral Service/Celebration of Life for
Family Members, Friends and
Loved Ones That Were Not Able to Receive a Proper
Burial Service

Rev. Oreste J. D’Aversa

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Part Two (Book):

Write Your Own Funeral Service

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Dedication

I dedicate this book to all people that have lost a loved
ones unexpectedly.

May this book help soften the pain that you are
experiencing, help start you on your healing journey and
may you begin to find peace in your heart.

Know that GOD is with you every step of the way
offering you guidance, protection, and love.

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About the Author

Rev. Oreste J. D'Aversa, “Reverend Rusty” as he is known informally, is an Inter-Faith (All-Faiths) Minister ordained by The New Seminary in New York City, New York.

He believes in the teachings of God, Jesus Christ, the Prophets, and the Ascended Masters. He is here to serve God and humankind to help make the world a better place for all people.

Reverend D'Aversa is an Author, Public Speaker, Spiritual Coach/Advisor and helps people find their true life's purpose and spiritual path. He is also a Business Coach, Consultant, Trainer and University Lecturer. He has appeared on radio and television as well as having his work featured in various newspapers and journals.

He is author of the following books:

- **Life Beyond the Pandemic:**

A Practical New Journey Handbook

- **SELLING for NON-SELLING Professionals**

- **Baby Boomer Entrepreneur**

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www.GodLovesYouAndMe.org

www.LifeBeyondThePandemic.com

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Preface

One of the main reasons I wrote this book was how I was and am deeply sadden as an Inter-Faith (All-Faiths) Minister (and as a regular person) by all the lost souls of September 11 and other world-wide tragedies that so many people are emotionally suffering by not having had the chance to say goodbye to a loved one or multiple loved ones. Yet another example of life not being fair, it is emotionally painful for all those involved none the less. Same people may say, “It has been X amount of time since your loved one(s) have died, isn’t time you got over it and moved on? Emotions are emotions, you feel what you feel, for as long as you feel them – it may even be a lifetime that you feel and carry the emotional pain of losing a loved one(s).

This book is not to take the place of working with trained health care, mental health professionals and spiritual professionals but can be used “in addition to and not instead of” working with trained bereavement professionals, support groups and others that assist you in your bereavement and healing process.

This book is designed to give you additional tools in your “Healing Journey Toolbox” for your healing journey. As previously mentioned I am an Inter-Faith (All-Faiths) Minister I have studied many religions and spiritual traditions, some of that knowledge is in this book regarding what happens to all of us when we transition (die). **I ask that you keep an open mind and remember that the information in this book is meant to be used “in addition to and not instead of” your religious and spiritual beliefs and practices.** Use the tools in this book

that resonate with you, that you feel can and will help you on your healing journey. As the saying goes, “keep what you like and leave the rest.”

May this book help you find peace in your heart and in your soul for the loved one(s) you have lost. Let the grace of GOD always be upon you.

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Introduction

Losing a loved one(s) even when you know they are dying and going to die is painful at best, losing a loved one without warning is devastation at it worst. All of your body goes into shock – physically, mentally, emotionally, and spiritually. Life does not make sense anymore. You are thrown instantly into situations that need to be handled immediately, from the basic things of canceling social engagements to the most important, complex, and emotionally frightening realities as planning funeral, wills and estates and going home to an empty house that no longer feels like a home.

The purpose of this book is not to relive the unpleasantness of the loss of a loved one(s) but rather to give you additional tools on your healing journey, in the hopes one day, to start moving on with your life once again. The

tools in this book are not meant to have you forget the memories of your loved one(s) but rather have you remembered your loved one(s) in a loving, caring, and emotionally healthy manner. You want to be in control of those memories and not have the memories control you. You want to know, acknowledge, and understand that you are a better person for knowing your loved one(s) and realize that your loved one(s) were in your life whether for a specific reason, season, or a lifetime their work on this earthly plane is completed and they have moved on to do their next journey in their soul's evolution as you are meant to move on to do the next chapter in your soul's journey in your own life and evolution.

In this chapter there will be an overview of each chapter that will be discussed in this book and to prepare the reader for the tools being presented. It is asked that you, the

reader have and **keep an open mind to the subject matter discussed** as it may be new and/or go against teachings that the reader has been raised on or teaching that were misinterpreted by the media, rumors in society, gossip that is incorrect or just plain ignorance of the subject matter at hand. Keeping an open mind will allow for more possibilities for the healing journey of people that have suddenly lost loved one(s).

In **Chapter 1: YOU Are Important** is about taking time for yourself after experiencing such a traumatic event as losing a loved one(s). Starting the journey back to “Wholeness” by starting to add to the collection of tools in your “Healing Toolbox” by “Creating Sacred Space for Yourself” and starting to allow yourself the gift of opening yourself up to let all of your feeling out with another tool “Your Journal: “Your Spiritual Confidante”.

Chapter 2 – Meditation: Centering Yourself in Mind, Body and Spirit you will learn “What is Meditation?”, “How Can Meditation Help Me?”, the “Types of Meditation: Self-Directed and Guided Meditation” and you will learn a simple yet powerful exercise to learn meditation “Meditate Every Day: The Simple Yet Powerful – One-Two-Three Method of Meditation”. This exercise is especially good for people who think they cannot shut off their minds from thinking and people that feel they cannot learn meditation. Do it for 30 days morning and night and watch your life be transformed in a positive way!

In Chapter 3: Reaching Out Through Writing Letters you will learn the importance writing letters to help you release whatever needs to be said to your departed loved one(s) that may or may not have been said while they were alive. You will learn more about this in the section

called: “Why Write Letters to the Departed?”. Also what will be discussed in this chapter are “Sample Topics to Write About” and “What to Do with The Letters After You Write Them?”. The exercise for this chapter is to “Write Letters to Your Departed Loved Ones”.

Chapter 4: Guided Imagery: A Useful Tool in Healing

will teach you another useful tool in your healing journey. In this chapter you will learn: “What is Guide Imagery?” and “How Can Guided Imagery Help Me?”. The exercise in this chapter is an “Example of a Guided Imagery Exercise in Connecting with a Departed Loved One” which you may want to record (or have someone else record it for you) and play it to yourself in the quietness and sanctity of your sacred space (not while driving).

In **Chapter 5: Mediumship: Fact or Fiction** you will learn about Mediumship that working with a Medium can be another useful tool in your healing journey. You will learn;

- “What is a Medium and Mediumship?”
- “Why Work with a Medium?”
- “Should YOU Work with a Medium?”,
- “Mediumship and Religion”
- “The Use of Mediums: Point and Counter-Point then You Decide”
- “What to Look For When Working with a Medium”,
- Example of a Working Medium – Elizabeth Rose
- Exercise: Prepare Questions for Your Reading with a Medium

Chapter 6: Connecting with Nature learn the importance of spending time with nature in your healing journey. Read

about:

- Why Nature is So Important?
- Nature Your Other Sacred Space
- Getting Closer to God While in Nature
- Exercise: Spend Time in Nature

In Chapter 7: God Told Me to Tell You You're Not

Alone. You will understand that while at times you may feel alone in truth you never are really alone. Learn and get more tools about the following:

- Why Go to God?
- The Power of Prayer
- Prayers for the Departed
- Exercise: Prayer and Meditation

In the **Conclusion**, there will a summary and wrap up of all things discussed in the entire book.

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