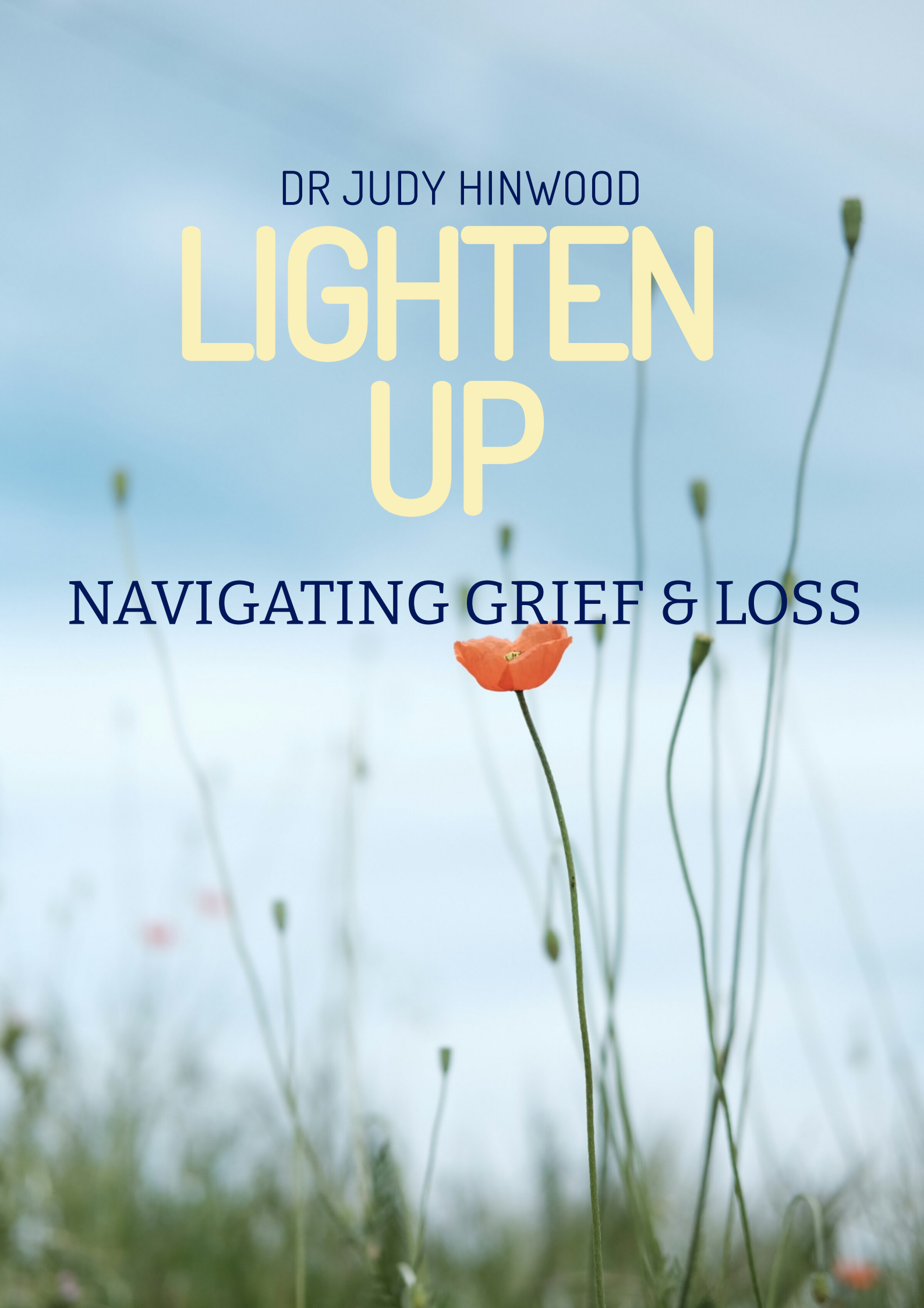


A soft-focus photograph of a field of poppies. In the center, a single orange poppy is in sharp focus, its petals slightly curled. The background is a vast, clear blue sky with a few wispy clouds. Several other poppy stems with buds are visible, some in the foreground and others further back, creating a sense of depth. The overall mood is peaceful and contemplative.

DR JUDY HINWOOD

LIGHTEN UP

NAVIGATING GRIEF & LOSS

Introduction

This is a book of hope for hard times.

I have been there too – grief, loss, despair, hopelessness, betrayal, fears, low confidence. This is a book from my heart, a love letter to you, to lead you out to better. I hope it will reassure you where other people just can't because they aren't here with us.

Grief is really the same for all of us I'm told – the helplessness, the 'futility' of the loss, the endlessness of it all.

I'm not laughing yet, but I will get there; the sages tell me we all will, if we work at it.

I have had a lot of years gathering tools, strategies and experience wherever we were, resources to calm, connect and create and I offer you a couple of these at the end of each chapter. They will make the process easier, for sure, as they do for me.

Also, I have had love and caring in abundance: a truly great husband, love from all corners, loyal friends, wild adventures with their highs and lows, great work. Life in all its' fullness, amazingness and wonderfulness. I'm a fortunate woman.

It was unexpected. John was going to be a centenarian. His affirmations were all over our home. Sure, he had mesothelioma, an acute lung cancer caused by asbestos, but five percent of people survive it and of course John was going to be one of those. Of course. John had handed out 110,000 Expect a Miracle cards around the world, so we had no doubt.

But he died. He

had so much to live for – work he loved and was great at, friends all over who loved him, family who idolised him, and me.

A brief backstory if you wish to read it:

We loved one another from the first time we met at seventeen.





We loved Broken Hill, one of the schools where we taught physical education, then had a unique, extraordinary experience taking a riotous one-of bus trip with a group of travellers overland from Calcutta to Paris.

Washed dishes and peeled onions, and John lay tar roofing in Copenhagen, Denmark.

Literally beetled around Britain in a Volkswagon. The ice inside our tent at Crystal Palace campground was thick, and the principal of the school John was teaching in thought we 'needed digs suitable for a school master'.

Fortunately, there were sports evening classes to teach so we could save money again. Long wheelbase Landrover. John put in shelves and a floor that could be raised up at night, to store our daily gear underneath. Europe's beauty mesmerised us. So much green, so much history and the buildings... beyond description. Thank heavens for photography

and now the internet.

Africa. A mythical place for us and it did prove to be a continent that spoke clearly to our souls. Drove from London and landed in South Africa eight months later and taught in Durban.



The trip? So hard to tell briefly. Morocco, magical, and ingenious repairs to the loaded roof rack. Already. The Sahara's majesty; vastness, awesome beauty and fascinating people. Fun finding the rock cairns again that sort-of marked the way. Brilliant red sand dunes and the sculpting winds, the gibber plains. Camels, dancing blue men, raring mountains.

I'm so pleased that there was no internet, there was rare mail and no phone calls, so we could really be present, soak up and experience the solitariness and the endless sky and stars, and the whole African experience.



Vast expanses of grasslands, into jungles tall and thick. Adventures. Many interesting peoples including a few pygmy folk in their natural habitat. Literally awesome. Taught in South Africa to save again and experience apartheid. Hmmm. Took a boat from Cape Town to Rio di Janeiro in South America and back packed west and north to the Caribbean. Slow train into the Andes, Easter the only 'gringos' with the celebrating and dancing people of Cuzco.



Adventures. Amazon's vastness.

Toronto, Canada for John to study chiropractic and me to support him by teaching. I had been told I would be in a wheelchair by 21 because of back damage, and my back did seriously give way at that age. John carried me into my first chiropractor, and I walked very carefully out. I had needed care afterwards everywhere we lived.

Nuh, I needed to study this as well and John, the amazing, didn't hesitate.

Chiropractic practices in Australia, coaching and workshops. Wonderful years. John was an instrumental leader in our field, and I was so fulfilled assisting him.

At 39 my intuition kicked in and we adopted three older children from Chile. Amazing, wonderful, and challenging years for us all, and yes, they are doing fine. I was given many mind and spiritual tools to handle that time which I pass on in my work. Our last project together was Stress to Strength, taking people into more calm, connection and creativity, and the Stress Management Institute.

Since John died Michael Massey and Barbara Clifford, our good friends and extremely capable people, have taken our work and created The Hinwood Institute.

I have taken a branch of it and created Light Now a project principally to spread calm like a gentle blanket flowing out.

The grief and loss work is an extra labour of love, now I 'get it'.

So, here we are, our lives on a page. I want you to have a sense of me so we can travel the grief and loss path together in trust, companionably, and I can write to you just as I speak, as I took notes, and have been spoken to.

You may want to read my ebook 'Handling Grief and Loss: 10 Key Strategies as it is the companion to this work, and it is concise and useful. It is on the Light Now.au website. Also, the Vlogs on the Light Now Facebook page and website will give you many immediately useful and practical tools and strategies to calm, connect and create, and it is my joy to share what I know.

Losing my John has added a huge dimension to my soul and my knowledge.

My hope is that you can carefully rise out of your challenges into your expanded self, a you who you like and value.

With love,

Dr Judy Hinwood



Chapter 1.

IN THE MIRE

Thoughts on Grief and Loss

John Barter: Healing is restoring back to balance, the centre, the peace, and wisdom. There is a place in my soul that my John used to fill. Grief is the process that fills in the hole where John was. This takes time. The Healing Process story: I have a big painful wound, a gap, a big hole that feels black and empty. Bit by bit the grief and the crying heal and fill the hole and protect the wound, and a scab grows. When the heart is strong enough the scab can come away. When it falls off, though, a scar is left, which can pull at times (the memories). Keep allowing the grieving for the scab to form.

Great love, great grief.

To deny the pain, to force it down and try to ignore it, would be to deny the love. Grief is another expression of the love and there is joy to be had in that.

Allow more time for healing because this is who I am, someone who feels deeply.

Love deep, loss deep, heal deep. Face the pain and heal into my new life.

Michael Massey: Our relationship was worthy of suffering now and underlies the tremendous value of it all.

My intense grief is fortunately not complicated by anger, so it is beautiful grief. I can feel the depth and breadth of our love because of the beauty, the simplicity of the grief.

This is beyond ..., just beyond...

This numbness and 'waftiness', that spaced out and not present mind, is from physical injury to the body. This is a great injury. Even though it is natural it is like losing a limb, and we have to reorient our balance. It can feel like being on the deck of a ship in a tsunami and we need a handhold to stay afloat.

Love and grief are the opposite sides of a shiny silver coin. The degree and value of the love and grief are the same.

I'm so sad because it was so magical.

When I can think a little, think this: When we grieve for a person, the tears are showing us how much we loved them and love them still, the depth of our life together. This doesn't help the pain, but it is at least positive.

It's not the experiences that are important so much as our internal stories that give them meanings, and the emotions we attach to the meanings.

This is a 'becoming', a transformation time that is happening as we speak.

Be gentle – don't look for opportunities to give myself a hard time!

The loneliness will lessen with time, while so much respecting the love and connection, and being so grateful for his amazingness.

'These are your precious years.' In the numb first weeks said a 92 year-old woman who lived near us at Kingscliff. Seriously?

This has none the less been in the back of my mind as a beacon, that there possibly could be a life I could find.

'There is a deeper Self which is spacious, joyous, light, free and always available.'

— *Ekhart Tolle.*

When I say or think Universe, I mean Light and God.
John *is* the energy now, the Light.



Advice on Grief and Loss

I've done it all within months, (recoiled, found a place to live, let go of most of John's things, downsized, moved) and the pain has built with the fast pace. (I couldn't live where he was not). I need to find my still centre to come back to, hourly or whenever I remember. I need to live from my centre because I want to and check in to my centre before I need to do anything. So, my world will stop spinning, because I have stopped spinning. The more I am in the centre, the more I can accommodate and adapt, so I am not thrown around so much in the whirlwind.
Don't rush this time – I am injured.

Suggestion: Daily release is important to keep calmer. At the same time each day let go the sadness, let the tears go. Keeping the emotions inside damages the health; 'heartbroken' is real.

Dr Dorothy Marshall: Skirting around this won't do it. I have to walk through it. I lived with a powerhouse, always at full speed, so I need to give myself permission to not achieve anything for a while. Redefine myself now.

Think about people in our circle and how I can let them in as they aren't sure how to help.

Physical helps: Tap the thymus gland in the centre of the chest to release 'happy hormones.'

: Look up instead of down.

: Feel good and in control about doing daily small practical chores.

: Put a hand over where the fear or pain is and breathe into it, letting it release and be replaced with calm.

Being 'present', staying focussed on the now, is a meditation. This moment... and this moment... really matter.

Rev Bryan Gilmore: Some moments, for example if you go to church, will be 'thin moments' where we are close to God, and John's spirit, and these are healing on open wounds. The space between us is narrower. The inner presence of God will be there in the experiences we have at those times.

'I'm sad, and it's ok'. I am trying to control the grief process and that can't be done. It must evolve in its' own way. I will grow as I do it, lessons learnt.

Forgive myself first for anything in my past needing attention, then I can attract others' forgiveness. While I am a ball of feelings and slowed down is a good time.

Every day at a certain time, perhaps with candles and music, be with him and connect in a deep way. Sit with him, write to him, talk with him about your plans. Let him know he is missed. Set a time to grieve and feel. (I wasn't able to do this; the pain was excruciating, overwhelming – he knew he was missed. A couple of years later I was able to do it at times, and then it was so helpful.) What will be supportive for me?

1. TIME to strengthen and heal. Time to aaargh!
2. Put my feet on the ground, flat, I'm here. Stand up, strengthen my bones, face up to the ruin, arms open to receiving better.
3. No rush, no pressure.
4. Sunlight on the body, especially morning.
5. Don't overdo it – remember the shaking, useless legs as I stood in my horror after the necessary two-hour clear outs at Kingscliff.

Just do this breath...

I send love and peace to John through my mind's wi-fi. I send love and peace to John through my mind's wi-fi.

I'm sure his soul receives my gift.

Find the small miracles, and beauty around you.

Tools for Grief and Loss

We step up into our alive selves when we go 'above the line' with the Map of Consciousness, in the book Power V Force by David Hawkins. Key: Grief is a debilitating, low energy which accumulates and can keep us feeling low if we don't make the effort to lift ourselves into better energy – when we can. Use affirmations, for example.

The Fountain Visualisation



Sit quietly. Imagine a fountain, a fountain spraying out a rosette of water gently from its' centre.

When that fountain sprays out its water, imagine that the water is any tears you are carrying that need to be shed. This will help give you closure on any grief and sadness that surrounds you or that you are carrying.

As the drops fall from the fountain, imagine them running down your cheeks, releasing the grief from within, and feel yourself calmer at last.

See this freeing fountain, knowing that things are going to be better with the washing away of previously unshed tears.

You may release physical tears, or you may not. Whichever happens, know the tool is working as the energy of the emotion is released just by your thinking that it is so, through the fountain. You have created your own release. Do this as often as you need to feel better. I find it invaluable while I'm driving and when I'm with people.

[Click here for video link for The Fountain Visualisation](#)

LOW AND SLOW BREATHING



Maybe right now you feel exhausted or frazzled. You may be grieving. Your brain could be spinning. You may be just plain stressed.

So now, sit quietly. Just STOP.

Because the BREATH is the only tool that you can use to influence your parasympathetic nervous system to calm you down and influence your immune system to fight disease, let's go through that. No matter what is going on, we can change our breathing to help ourselves.

There is only one bodily function we CAN control to lower stress, OUR BREATHING. Not heart rate, digestion, cell replacement, hormone release, etc. but BREATHING

How do we do this stress-less breathing?

- Sit quietly. Take your breath down low into your abdomen. It helps to emphasise this by allowing the belly to push out a little.
- When we stress, our shoulders lift up, we breathe high and fast so watch your shoulders and keep them dropped and relaxed.
- Breathe out, allowing the abdomen to flatten. Slow the rate down. Count to 4 in, hold for 4, count to 4 out, hold for 4. In, hold, out, hold. The USA Navy seals use this technique to calm themselves. Go to 6 counts in and 6 counts out later if you wish for deeper relaxation

- Saying CALM out loud alerts the brain to take action in the moment. It knows that you're ready to do something.

So much research in the last few years in neuroscience has said that if you're anxious, it's enough to say, "I feel excited!" once out loud and that tricks your brain. It changes your mindset from being threatened or overwhelmed to feeling challenged and ready, so that you feel you can handle what's coming much more positively. So, CALM is really important.

It is important that you know that the stress response you go through is a perfect biochemical flood in your body. Your heart pounds, your breathing goes faster, you sweat. At the same time, your hormones are sorted. The blood goes to the hands, arms and legs so you are ready to fight or run away to save yourself. Your cells are energized, your brain is focused.

It's the perfect way for you to respond to a stress.

It is essential that our bodies have this stress response so we can look after ourselves and move forward with challenges, but the ability to stop and calm it with our breath is also a great gift.

And if we don't calm our bodies and our minds, long term our bodies will become stressed, out of balance and diseased. And more life challenges than you really need may well show up.

The physiology of this is that when we Breathe Low and Slow the diaphragm, the breathing muscle, lowers under your lungs to fill the lungs with air. This stimulates the Vagus nerve near your spine, which is the main nerve of the calm-me-down nervous system (the parasympathetic system). This sends a signal to the brain which releases serotonin, a calming hormone and your body responds.

Breathing LOW and SLOW changes the chemistry in the brain. It's like taking a **natural anti-anxiety drug.**

You have calmed yourself! And fast. And given your brain and body space to come back to a state of ease and harmony where it is much healthier and easier to live.



We suggest that you practice breathing Low and Slow to create a habit. The more we practice, the more the tools work.

Imagine yourself in a tricky situation using the Low and Slow breath and practice staying calm. This is great practice for making those testing times easier. This tricks the body – the stress may be still there, but you can think, handle it and not cause harm.

[Click here for video link of Breathing Low and Slow](#)

Judy's notes

John is everywhere, all the time, all at once, loving me.
And when I am not bound by body, I will also be that.

Crying is the sweat of the soul. The tears are the purging of the losses. I'm grieving like a rock star! I'm a legend at this! Later I will look at his shoes and smile though it may take years.

Rest in objective awareness. I'm missing my homeland of 54 married years.

I trust myself to do the grieving well, so I come out of it well. I take tiny steps and the time needed. I take ownership of the process and watch as I falter.

I had a sensation of emptiness and loneliness, as usual, and I heard 'but it is all filled with love. There is no emptiness, only love'. For a while I really did feel that love and it was so comforting.



Chapter 2.

A LITTLE BIT SANE

Thoughts on Grief and Loss

I'm stunned and reeling. How to bear the unbearable? John Barter: *We expose ourselves to just as much pain as we can take in a day or moment. Only when we've processed that can we absorb more – that's why life's big losses take so long to metabolise, to process.*

Going alone is impossibly lonely, devastatingly so, so making food, shopping, making a home, are done through sheer will and tears.

Remember John's profound love, his caring, gentleness, and thoughtfulness, and be grateful.

Depression is normal. Think of it as 'compassionate sadness', understanding the pain. It is not the 'black dog' depression.

When we grieve for a lost situation, we are grieving that the wonderfulness is finished and will never be again.

True and not true: it will surely not be done live again, and that is heartbreakingly, shatteringly, desperately true.

Not true: the memories are real energy and will never be lost but are in the endless ethers of Godness.

Plus, they can be relived in spirit later.

In my more lucid and stronger moments, I fancy that John and I together will laugh really hard again when we access and review the memories of our lives together.

The loneliness? Give it time while respecting the love connection as real.

When I embrace and understand, it brings OKness and 'oh, that's what this is! This is what I need, however painful.' For example, my head full, aching, and not really functioning is a normal part of grieving. Memory loss is embarrassing but common.

Rev Desmond Tutu: 'God is not a Christian (only). God is Love; breathe, love and forgive'.

Robin, Brisbane: 'The grief is deconstructing everything about the life I knew, relationships and all. I am different, not a pair; I am working alone, my living space, my potential are so different – and who knows what those are?'

Do the grief in my pace and time, whatever feels comfy to me.

Olympians go through significant rest periods and only peak a few times a year. It is fine to be resting 'on the bank' of the stream of life for a while, and to take a 'moratorium' time out.

Be a wise woman with my life experience and with what I'm learning and design the grief process. (In truth I did not do this. I could not process many thoughts as I was a ball of emotions for a good couple of years.)

We're all healing from something, somewhere.

Rev Bryan Gilmore: John is here in a whole new capacity. I will recognise his presence, here to hold, bring strength, healing and comfort. This can't be explained or understood, just known and experienced. He will be here in an enlarged way. My partner is forever with me. Cancel the awful 'widow' word; John is forever with me in spirit.

Who I am now is because of John and our connection, and our long lives together. I see life with our combined eyes. He is everywhere with me, a part of everything, and every new memory as we are making them from our combined essence. Who I am now is our life's product. Every step I take will be with him, going to my potential.

Jacque Rose, Brisbane: With cellular memory John's love is in every one of my cells and it will ripple out for ages.

Advice on Grief and Loss

Grief moves through my body and inhabits my cells. Find new ways to inhabit your skin.

When crying and before going out, plant my feet and repeat my affirmation 'Strong Body, Strong Mind, Strong Life' until I do feel stronger; centre myself, walk firmly, head up.

Let the God in my body do its' work! Remove the interferences. Eat well, move well, think well. Deep healing from the low energy of grieving will not be overnight, unlike taking a pill.

It is so exhausting to think that I have to do this alone. So, open my hands to receiving what I need. Take in the Universal unlimited energy and take it with me, so in time I can be happier, and life easier. Therefore, do more meditation, taking time to calm and prepare.

Surrender to God, the Light, with love. Know that my ego self runs amok so I forget my spiritual self completely and end up messy, at a standstill, hopeless. Let the Light Lead! And the pace is up to me.

Over time the painful loss will turn from a dagger pain in the heart to great memories with pride for being his wife, parents together, and his work partner. What keys did I learn from John to incorporate into my life? Caring, perseverance, Expect A Miracle, giving, focus, creativity, joy, touching, positivity, love.

Reward myself for any time I am doing life with my best food and positive mind, with sweetness and joys that aren't sugar.

Not being 'present' in this moment? I am out of close connection with the Universe. Use the Universal Tool. Be open to being with the feelings, not fighting them, even though they weaken my body for now.

I am stuck in thinking and the grief – go for spontaneity.

No 'shoulds'. Respect myself in every way. A 'should'? Judging that myself or someone else should be, do or have in a certain way. Really, I can only mind my own business, my own life and that is my responsibility, but I need to do it with understanding and acceptance that my effort is enough. Simply enough, so 'shoulds' are out of the question. And did God make mistakes creating other people as they are?

As 'an adult', catch myself tripped over by the grief waves, and just make that dinner – not negotiable. I may not want to, but I must let go and do. Key: Catch myself being 'the child', for example, the 'I don't want to do it without John...' I can be lost and sad but still function as an adult.

My values, qualities needed, purposes and key thoughts, are to be reviewed, sorted, redefined, and updated so my life energy can flow freely. In other words, update my being then my doing can be on task.

Reframe any guilt and shame. Make it all OK. You have done your best and that is all that can be asked.

I am the *self* behind the mind. Train my mind to be quiet to access my God, *myself*.

This grief is like a course – attend it and make the most of it. Think of it as Life University. There is no hurry, just be present with it.

Check into my soul, ask what can I do better? What can support me? What do I need now – meditation, stretches, walking, sun, food? Consider it Life Therapy.

Tools for Grief and Loss

Key: In this moment watch the thoughts, the emotions, and breathe. *Ask what would Love do?* Cancel anything unwanted that comes to your mind. Don't entertain it.

The Cancel Sign Tool

[Click here for video link of The Cancel Sign Cancel Sign](#)

The Universal Tool

[Click here for video link of The Universal tool](#)

Judy's Notes

What a blessing but deep tears and sadness to hear John after so long, his encouragement and love. The gist of what he said: *'Fight for your life, fight for your health. Focus on living well; live your best life in all ways. Be free. Walk strongly, smiling, thinking well, caring for all, simply. Create happy moments. Share your love, for as I see it now, that is all there is.'*

Sleeping on our couch rather than the empty bed in the first weeks I watch the sun's Rays of God emerge from the clouds in the gorgeous dawn at Kingscliff, and I breathe low and slow till the fear and pain seep away into the breeze and light. I know how to do this; I just need to ask for help, then wait and let calm and love back in. Breath by breath. Then the lively swallows arrive. Life.

John is sharing the grief, and he is missing me too. John is still John.

This is a very significant time. Any good we have accumulated will support me.

I remember his profound love, his unending caring, his gentleness, and I'm so grateful.
Fortunate me! 'John is just as lovely in spirit'.



Chapter 3.

GLIMMER OF HOPE

Key: As I think of you, you will know, and love me back. John is everywhere, all at once, all the time.

Home is knowing you are the centre of someone else's world. What a blessing that has been. Something to know about myself – I have known the power of love. There will be moments when I will love John, like seeing photos or videos, then lose him all over again.

John Barter: The Darkness Story There is a train in Switzerland that takes people from a valley to the top of a mountain. To do this a tunnel has been excavated that winds round and round inside the tunnel going upwards. The passengers can't see the way forward though the train has its own light showing the way. Each turn gets higher and closer to the top of the mountain. Finally, the train suddenly emerges into the Light of day, a beautiful view and a sanctuary. It takes patience and trust to handle that ride without fear.

This is a retreat, a special and sacred time for healing. There is heart, head and body pain, but it honours the love I have for John.

Vulnerability is a strength, not a weakness.

Desperation is normal – I do have a life sentence of some sadness. With understanding, hope will reappear as a small bubble, going up and down.

When I become different, things in my life will change.

When I feel lost, look at it from another angle, for example, 'here we go, this should be character forming'.

Rest: Be above the thinking, in the ethers, very present in the space of 'no mind', in the flow and listening well. Lift up into the Light, as if on a cloud. There is no story there, therefore no triggers for the sadness.

'God comes in through our wounds.' God is always at work.

Stay in the flow, moving with Life, not the ego which pushes me onwards. Take care: The grief is not to become a replacement for the lost one as we identify ourselves with the loss and get lost in it. Wallowing in grief keeps us sad.

I don't have to do anything but celebrate each tiny step to healing that I do take, and be proud, as he would be of me.

Michael Massey: Journaling includes prayer time.

Ask:

What am I not seeing clearly?

What am I needing to see? Show me the way please.

MINDFULNESS, is the being really 'here' to what is happening in this moment:

: Acknowledge what is

: Accept it when possible

: Allow it – be open to it, feel it, be with it.

*Breathe quietly in and out and the sadness and pain will release on its' own * because I am not feeding it by thinking and reacting to it. *It just IS. It's just a sensation.

John and I are still a team, working our lives together.

Our love story is not, not over.

Advice on Grief and Loss

Choose your new people well. My immediate response will be yes OK, or no they are not my people. Let those in who suit me. You are used to a more caring world.

KEY: Change the grief into a positive affirmation for growth, for example, 'I've got this!' No matter that I am in tears as well.

An affirmation I have used for years is 'My life is Light, Easy and Joyful.' Easy to me means flowing, with simplicity, and Joyful encourages me to create joy, see joy, and recognise the potential for joy everywhere, and to laugh (serious me).

Function neutrally, from my centre, so, I can create something lovely. After choosing that I am worthy of the care, ask 'is how I am living 'caring for myself'?

Keys: Be careful of your triggers again – changes of habits, tiredness, tech, music, loneliness, family separation, sugar, not enough to do?

: Maintain good energy levels. Exercise, fresh air, reading, talking, journaling, chiropractic, a clean home, good food, affirmations, lovely oils, loving a pet.

Sugar is a crutch. Love myself enough not to do it. 'I can have sugar whenever I want' removes the compulsion and stops me berating myself if I do indulge. KEY: Check in what is right for me. What do I need now for balance? 1-2 biscuits to top of a meal? Not deprived, still healthy.

Grief is an event. Don't put energy into it – the love will last forever. It will surely be here when the grief has some order.

Thinking something is 'too hard' to do? This equals 'it's beaten me, I can't step forward.' It's worth a go.

Find a strong friendship between myself and my Higher Self.

Be enveloped by the happiness of the memories – when you can. Transfer this joy and positivity to this moment when you can. I have access to all that great emotion right now.

How do I grip the pen (the task)? Hard or lightly? The task is a joy, not a burden.

Do introspective contemplations of how I am coping with this transition. Buddha: Four sources of stress and suffering. Not getting what we want.

Losing what we like and love.

Having to be with that which is unpleasant.

Dealing with the mind/body complex, ageing and illness Therefore, let go of the wanting, the attachments and move into acceptance.

*Most stress is from holding onto things that have changed – become wise and let go. 'Let go a little, have a little peace, Let go a lot, have a lot of peace, Let go completely and have enlightenment.'

So, be grateful, Judy, focussing on the good, full of appreciation and joy for what is because 'where the attention goes, the energy flows'.

For example, I must think about how wonderful it is that John was so healthy and vibrant for so long, then my own energy is life-giving, to heal me.

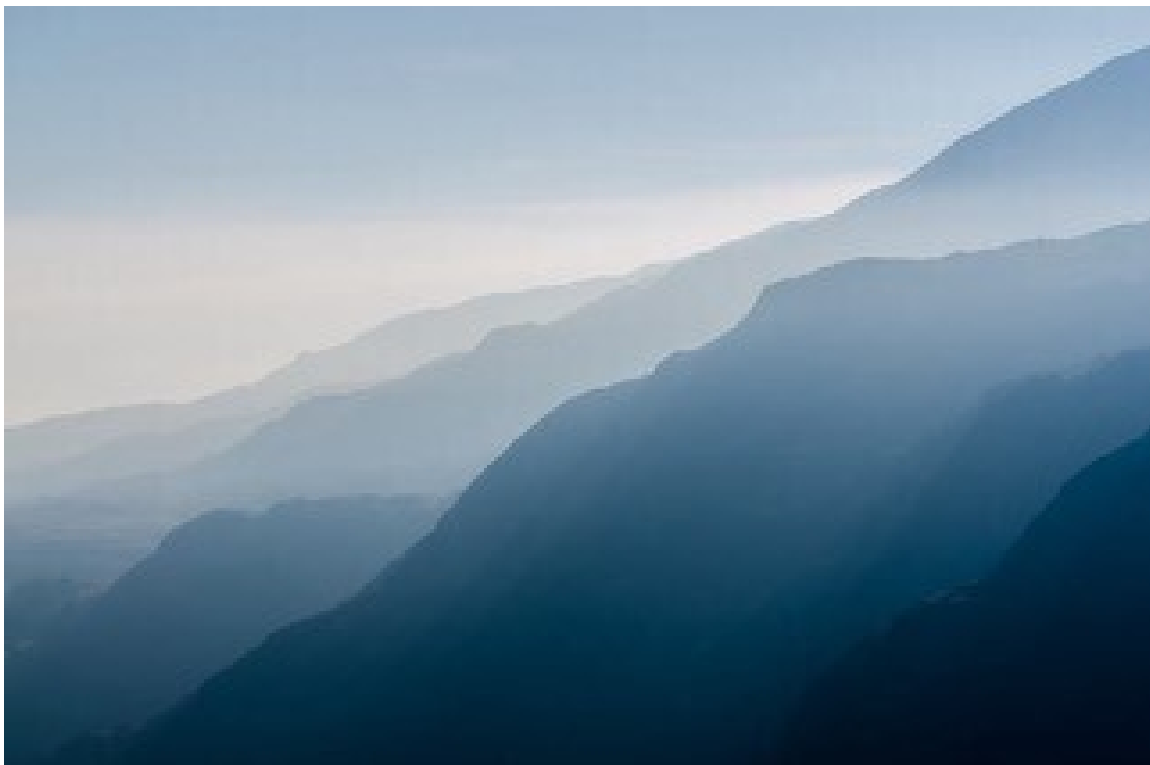
Sitting with John to feel the grief, writing can avoid the outbursts as it is an opportunity to grieve fully. Invite myself to do it and it will be lovely, and teary. When I can. At three years it is getting easier.

John Barter: I will grow into it, the person I need to be, I can get to accept myself on my own, and my company, I will have quality time with the whole of me, the awkward bits as well, I will design my new use of time and energy in a way that suits me, My full-time job now is to be a healer of myself, to kind and gentle with my feelings. (Don't battle this – healers are calm, mindful and peaceful.) I will see life with acceptance of 'what is'.

Tools for Grief and Loss

Michael Massey: Reasons to do the right things and heal myself?

1. See grandchildren's milestones and firsts, and closeness with our children.
2. Move away from any focus on the weakened body and move towards agility, flexibility, strength in every way, fun, ease, connection.
3. Build an unregrettable future.
4. In meditation: Dedication of John's merit, wishing him well, sending him love.



Tools for Balance and Harmony



Taking Quiet Time Beauty Laughter Choice Joy Pets Walking in Nature Gratitude Taking Time for Yourself Exercise Breathing Low and Slow Forgiveness Praying Hobbies Naps Enthusiasm Have Fun Family Time Planning Relaxing Calm Self- Love Acceptance Movement Live Purpose Sleeping More Taking time for You Time with Friends Being in Nature Doing Something You Love Caring in Any Form Optimism Working Towards a Cause Healthy Foods and Water

Taking quiet time, reading, walking in nature, taking time for self, breathing deeply, being with like-minded people, working towards a cause that you love, praying, health foods, having fun, caring in any form, hobbies, chilling out, being kind, meditating, reflecting in wonder, being grateful, loving pets, being patient, being with loved ones, forgiveness, looking after nature, breathing low and slow.

The Angels' Wings Tool

Picture for yourself the most beautiful pair of white angel's wings.

Put them on so you can fly freely above the earth and your problems, so you can look down and see these problems from a different angle, from a different viewpoint.

These wings will also help you soar to the heights to which you wish to soar and keep you up there. You don't want to stay down here with all the people who are looking at doom and gloom and disaster. You always want to be up there feeling elevated and removed from all the turmoil and worry that seem to be around. This is a good place to be.

Your lovely angel wings will take you anywhere you would like to go. Any place that you desire is there for you to relax and enjoy. Want to travel? Imagine your wings transporting you to faraway places, giving you a relaxing holiday on a white beach lapped by azure water, or smelling the exotic fragrances of a spice bazaar, or riding a camel in a far-off desert.

Allow your wings to carry you to the heights you desire, keeping your faith and trust in yourself and your Creator.

[Click here for video link of The Angels' Wings](#)

The Worry Beads Tool

Imagine a string of brilliant and white beads in your hand.

As you touch each one and move it along, think of a positive reason to move forward in your life, and then another, and another, working along the beads.

Each bead represents one of the reasons why you want to move onwards, why you want the goals you have set for yourself, so they are your incentives for doing what is necessary, and yes, fears do leave. Then you become joyful and delighted about it all, as you know the outcomes you are working towards will be here. Use the beads often and wisely.

The beads also work well by thinking of each of the successes and positive things you have achieved in your life up to now. This reinforces you in times when courage is needed.

Judy's Personal Notes

I heard 'take John with you'. I floated free with him, his right forearm undermine, gently holding hands. Just being. Can it be this easy? And why not?

I read a book about a woman who lost her husband. It took her a long, long time to learn not to run every thought by him. Indeed.

'Stand still and know I am God' as I watched a fabulous sunset. I am not alone. I am enfolded by beautiful white feather wings, steadying me. I 'hold the space', I wait patiently, for the Light by Grace to bring calm, caring and love in the middle of the hopelessness.

Darryl Murtha: I am a V8 engine at the starting line, getting ready to go.

'Hard to lose such a great love but transform the pain into understanding, treasuring it all, and teach our stuff, the uniqueness.' So, my work can become a *gift to me*, not a *burden left to me*. I realised I have to stop *talking* about the loss and lack, even if I don't stop thinking about you – I'm grateful for our wonderful lives, for you, John, and for the abundance that is mine now. In yoga, his spirit melded onto mine, then he lay next to me with his arms around me. He is trying so hard to help and reassure me. He has not really gone far.



Chapter 4.

SOME MOVEMENT

Thoughts on Grief and Loss

John Barter: The bread that comes out of the oven is not the dough that went in. Time and heat bring positive transformation.

Like the purification of gold, which is heated and beaten till the impurities are gone. Like a jewel against the grinding wheel, which is cut and polished till beautiful, and it can reflect the light.

I will be more helpful and have more to offer after I come through this.

What would John Hinwood do?

Caring, love. Positivity always, Expect a Miracle. Big Picture. 'I am a master of persistence and I do what it takes'. Hugs, kisses, eye contact. Family and friends.

Do what is in front of you, ASAP, 100%. Affirmations. Laughter and Joy always.

Universal Intelligence, (God) bottom line. Adventure. Giving. Flexibility and spontaneity. Gratitude – send cards. **Now**, do it. Move into the risks. Take off the emotional armour. Be creative, adaptive, and compassionate for each other. Oneness and unity.

This is a special, spiritual time of my life; consciously, willingly go through this learning.

Part of John's gift to me is **time** for myself and *this is my job now, to use this time well.

This is a new game and I don't know the rules yet. I will find my feet again and play.

Accept that this is a fact and true. John really has died. I've had plenty of chances to learn to let go in the past. So, this is what it's like to lose John, to live alone, to grieve so thoroughly. Now let him go?

Loving acceptance contains compassion for my emotions. Angry acceptance is resignation which eats at me and is not acceptance at all.

Consciously don't stress myself because I'm recalibrating, sorting myself into a different life. Everything was calibrated through our close relationship and life.

For example, I had scoliosis, sideways spinal curvature, for many years, and if I wanted that to change some muscles had to stretch and organs had to move – and I might slip backwards as it is too painful to keep straightening.

Sort of like going back to neutral, then choosing to restart as myself more; whole and by choice. Choose to do things because they feel right and because I want to.

Find new balance between human living and work fulfilment – watch both.

Advice for Grief and Loss

Priscilla Maxwell, Brisbane: I have never been what I am becoming now. Losing John is stripping layers of behaviours, habits and thoughts – everything that made John plus me. Like a bushfire, it looks like nothing is there. In the ashes, seeds for new growth are in me and green shoots will come. Because life continues. Faith, trust and surrender are fertilisers for that growth.'

Do the day with some structure: meditation, release, affirmations, qualities needed, action steps.

Doing 'Drama Queen', Jude? Quiet acceptance instead. Let go,

Let go, have another go, and adapt.

Don't do the process – let the process heal me. Patience is a gift to yourself. 'Chill' when you can.

Need sweeties? What is it I really need? Find some joy.

Allow things to come to me – it's going to be ok.

Stay mindful, stay in the process, keep healing. Allow the pain and be OK with it.

It is not hard or difficult or impossible, but needed...

Ask to align with abundance again. 'God gives me wings' gets me onto my right track.

All this is real. From a deep place of release the pain will leave bit by bit. The bucket is emptying. Think and visualise a positive future.

Rev Bryan Gilmore: The new me is forming. What we did together is infused into me to be brought forward. Ask: what would John have done about that, thought about that?

What makes new relationships work? Share stories and what to do in this new life.

This part of my life I need to do differently, for my self this time, not for duty or what I thought was the right way.

Key: I must have more flexibility, fewer rules and more love based on gentleness, understanding, helping, supporting, laughter and joy.

Be kind to yourself. Without pressure to do. Above all, be gentle and kind to yourself all the time now. Learn to put yourself first – I know, this feels so very odd, but we need care now.

Use the motion that is already in play, as John did in judo, to move forward.

My sugar addiction needs me to change from unhappiness, from not accepting John's loss.

It's not me who is silly this time! 'What ridiculous things are they doing now with that (technology)?' Georgie Hope, Nambour

Losing weight is saying I love myself.

Don't overload myself. Learn to live in my rhythm and my way to be healthy. Why? I have lovely work to do and lovely people to meet, which puts me back in the flow of life as it is movement based.

Tools for Grief and Loss

3-4-22: Affirmation to help me move forward: I swim strongly in the stream of life with much energy flowing with me, handling the rocks in front of me, good people with me. I swim forward with purpose and calm, connected, creative, with love, faith and trust, with openness and awareness, listening carefully, with thanks for everything. Many friends and family are loving and supporting me.

11-2-24: Almost two years later, today I am finally able to celebrate moving forward and know that this is solid. Completing my journal summary for whatever use it may be. Tears and sorrow, missing John, will surely happen many times, but I feel solid in my faith and that I will get this life done strongly, with gratitude for much support.

The Garbage Truck Tool



Imagine you are the owner of a shiny big orange garbage truck – or any garbage truck for that matter.

Climb up into the driver's seat. On the seat beside you is a roll of garbage bags. • Breathe Low and Slow and allow your mind to trail back through your life to times of stress and turmoil.

Take the stress and turmoil out of your mind and body and get rid of it all into the garbage bags.

Toss them over into the back of the garbage truck, bag by bag, knowing you are letting go of any old baggage that has weighed you down. The stress, the trauma, the beliefs, the worries, and fears.

Put the truck into gear and trundle over to the dump and back up. Tip up the back tray and watch all that stuff slide away, never to be seen again.

When you are done and complete, drive back to where you started and park, knowing your job is done. This tool is especially useful when in the middle of a 'situation' as well as for a regular clean up. We come back renewed. [Click here for Video](#)

The Flotation Tank Tool

This tool is especially useful for sleeping or resting.

As you lie on your bed, see in your mind's eye that you are lying down in a brightly lit flotation tank. This is large rectangular container filled with perfectly warm water that people relax in for healing of muscle soreness and tiredness, and to just feel good.

In that tank you are surrounded by brilliant white water, and you are floating gently.

As you float freely feel the healing power of the water, so you know that as you are going to bed you are getting into a healing chamber of White Light.

Know that it is bringing you peace, that it is allowing you to move freely, that it is allowing your food to be used well and it is helping you regenerate and stay young.

Use it every night. You will feel the benefit.

Judy's Notes

Ram Das, from Michael Massey: 'We are all just walking each other home'. I thank God for the phone calls, and the dear ones who could cope with the waves of tears. Weekly all this time from understanding Michael.

Dad wanted me to go fishing with him because I belonged and was loved, not because he wanted me to be a boy. That 'not good enough' story is not true.

An Ultimate Love. I think we had it, and it is hard to lose.

Keys for me: Take this love and transform it into a wider love and caring, instead of the day-to-day acts of love I did for and shared with John.

Our love remains intact but in the everyday living my life needs to become focussed on others and whatever I can do with any information, gifts, and talents I have.

The joy of sharing what John and I have created will help balance my sadness. What sweet 'music' I will share through the pain.

Our lovely Stress to Strength work: 'Let the child go for it to grow', to Michael Massey and Barbara Clifford with trust and love. Facebook and the internet will give me the same intimacy as sacred workshop space. Vlogs, blogs, Zoom etc and books will hold my caring.

Understanding and treasuring our wonderful past and our work, I'll be able to talk with him at times, and we will still work together in thought, though I must make my path for myself. Stand in his continued love and be strong. He is not gone, just in another sphere.

Dr John Hinwood: 'It is God who has planted them, and it is his will that you will tend to them, my girl.'



Chapter 5.

ON TWO FEET

Part of who John was has become a vital part of my whole person and becomes part of the shape of my future. I need to live those thoughts and feelings that are part of his significant heritage, to take forward the dreams and plans he would want for me, as a vibrant part of what John contributed to me. Somewhere in all the pain is a beautiful inheritance.

My path is not negotiable with the Universe.

Getting out there is my gift to John and his gift to me – all I have learnt from him and his energy and love. I will honour him by doing our work.

The sadness is very personal but the gift is transpersonal.

All things are of a nature to change.

Embrace my weird! Push myself out the door and go.

I will always have an empty, something-missing feeling about John, but I can fill my heart with love and gratitude for him daily.

Loss becomes gratitude and gladness, in time.

We will always be part of each other's being. I can draw in that.

John remains in me and our children. We embody the qualities and virtues that we learnt from him – I have some patience, much order, humour, caring, giving, service, laughter, much persistence, some discipline, a love of adventure, fun and 'can do' that I recognise from John's example.

For example, the original me would never have just had a notion to drive across Africa for no reason, and then done it, with no back-ups, laughing the whole way and embracing the sheer adventure of it. What a trip was life with him!

Seize the moment with both hands! New adventures, some excitement and happiness will come.

Advice on Grief and Loss

I'm conditioned to being part of a unit. I have to learn to be single, to grow my mind to being a solo person.

Whole, myself, expanded, think of myself differently so I can flow with what is, which is a major lesson of my life.

Accumulated Rest Deficit: After years and years totally on the go, allow myself to breathe deeply for no reason; rest.

This part of my life I need to do differently, for my self this time, not for duty or what I thought was the right way. I must have more flexibility, fewer rules and more love based on gentleness, understanding, helping, supporting, laughter and joy.

Taking care of me and mine, especially my family.

Hold your social connections. Keep contact as best you can. Act as if...

Be my own best friend – ease up!

To get done what I need to get done, focus on the outside, the present moment of the world, rather than my sad feelings. This used to be easy...

'I have to' needs to become 'I want to'. Nothing is a chore.

I need to watch my language. I'm hearing myself say 'have to'. 'I have to do this on my own'. 'I'll decide which boat to row' is gentler and will have to be enough, as there is only half the team.

'Too hard' becomes 'quite manageable' in the stream of life, knowing that everything takes some work.

Keeping my word to myself is sacred. But don't judge any humanness if I falter.

Affirmation after a widow's weekend: My life is wonder-full. I am open to all wonderful things. Even through the tears.

Consolidate first to come from a solid base; prepared, healthy, content, at ease, purposeful. (How much longer till I achieve this...?)

Emotional alchemy is possible. Change from grief and loss to gratitude and joy, transforming the frequency.

No, not all in a moment, but moment by moment I can live better.

Key: Is what I'm doing helping or harming me? In my quest to survive this, I need to be an active participant, leaving the apathy, the lassitude behind. I must learn to live with the underlying grief – it will never go away.

I saw Wayne Sorenson's amazing photos of the sea and bought two that represent us, even though I have given away our paintings: He so loves you and wants you to be happy and have beautiful things and a beautiful life.

Someone doesn't love me? Centre myself and love them; I'll love you anyway. Thanks for the test.

The pain can eventually become just a melancholy, after the worst is gone.

Rev Bryan Gilmore: God is the wherewithal of life, he is the empowering of my life, part of my whole being. There is God, the All, and the absence of God, the Ego.

God is completeness, fullness, all-encompassing good and love.

Walk into the open door to the Light so we can echo the spirit of God within us.

Expect nothing, then miracles happen.

Dr John Hinwood: 'Get in the Game.'



Tools for Grief and Loss I must accept, when I can, that in this awful silence, 'aloneness' and emptiness there is a chance to create a sacred silence – a silence actually filled with love, stillness, calm and peace, and I can carry that with me, and *live* in it. A different way to live that John's death has gifted me.

Three words to repeat often to stabilise my childhood - belonging, peaceful, enjoyment. Three words, my reason for being here – belonging, gratitude and My God.

The Cloud Visualisation



One simple way to achieve calm and balance is to imagine you are resting on a fluffy white cloud far above the world, comfy with soft cloudy pillows, floating freely, gently breathing, allowing the quiet and calm to seep into your body. You are so far above your usual life that it doesn't reach you, so you can just lie back and enjoy, as your thoughts drift away out the top of your head.

Or imagine you are lying, comfy, on a long white beach with the blue waves quietly lapping. However you can imagine peace and calm, please do it, and often – at least daily.

However, if you wanted to, you could look at your life from an objective distance and see what you see. [Click here for video of The Cloud Visualisation](#)

The Chrysanthemum



Please take this gift of a single beautiful, large, white and circular Chrysanthemum flower.

Study it. Look into the many petals to see how they form, how they grow, the intricacies of the petals.

See this flower as you, with each petal representing an achievement you have completed. See all the things you can pat yourself on the back for. See the hundreds of petals and think of the hundreds of instances you can be proud of, the many reasons to feel good enough.

Feel peace and love come over you as the petals of white chrysanthemums fall gently and enfold you.

See the end result, this amazing flower, see its beauty and look at who you are – also the end result of much work and growth. Every time you think you are not good enough or have not done the right thing, think again.

Work to create this, in full bloom, a giant bouquet of flowers, not the single flower.

Feel the warmth of pure love. Feel the warmth of the Light throughout the days and nights ahead.

Each of the small things you do successfully, see them as petals on a flower and each of these eventually will make the whole, the beautiful, complete flower. See each success like this – acknowledge each flower as the bounteous success it is.

If it had just one big petal, it would indeed be ugly. You need tiny pats on the back along the way for your small successes to make the complete picture, the complete and whole success, and the perfection of the flower at the end.

Do you think the flower worries that one petal is not as long as another, or that that fact maybe gives it an imperfection? Or maybe that doesn't make it as successful or clever or bright as its fellow flowers because its petals are not symmetrical or the right shape or right design? It doesn't matter to the flower, because it knows that when it comes together in the whole, that it will be just as beautiful and successful as its fellow flowers in the bed.

Take the lesson from the humble flower. Take the lesson and allow yourself to blossom and grow in the same way as the humble flower blossoms and grows and becomes a thing of great beauty.

If the flower only aimed for one perfect petal it would be an unsightly thing, but it settles for small little victories, small little glories. The whole becomes perfection, but each little victory is perfection in itself.



Judy's Notes

Thought to go to yoga but couldn't find my shoes. I put John's on to get there. Tears. The yoga teacher saw me standing immobilised, said forget it, go home and let John's shoes support you. Bless her, she did up John's shoes and sent me home. And I wore John's shoes till they became uncomfortable and I had to stand in my own shoes.

Offer the hand of unconditional love and watch the ripples. Grab all the opportunities to do so with both hands. Give soul, heart and kindness and those who are ready will come.

I work to be grateful for everything because it helps me stabilise; for this sad experience as I understand it better, the beauty around me, the chances to learn and help.

What is my purpose for being here still, without John? The joy of service.

'Open your arms wide.' Let the Light Lead with thanks that I know to step back from my active in-the-way ego. Now, just do your best.

Create a community of love, like a soft pillow, coming home.

Personal key for me: Immerse myself in my life.

Life is short – do this project. A blanket of calm to be networked widely. Simply, Judy.

The task is always about the message. I'm connected to everything and everyone and can redirect energy with the mind tools.

Access and harness that energy that is all around me, to do it with me. Also, I'll draw people to me to do it with me. It may take effort but I'm not alone doing it.

I will do my best to go past my lack of commitment, my loss of confidence, and Let the Light Lead. I will watch being critical of myself, taking baby steps.

So I progress, I'm happier, more fulfilled – still grieving but OK, hearing my guide, and my spirit is in tune with the Infinite. Getting through the learnings, gradually doing my new life.

His heart, his being, is right beside me, just not taking up his usual space. 'I will walk beside you'.

Chapter 6.

So, now what?

We are finally taking some easier breaths, the horror is starting to lessen, and here we are, our world is so different. Our confidence may well be shot as so much has changed and we are navigating a world new to us.

No matter what we have lost, no matter what our challenges are, our world is here to be navigated differently. I now believe that thoughtfully and carefully we *can* create a life that accommodates our different self and situation and gives us some hope and even some contentment. Who knows, happiness, even. Let's goal and hope for that.

I have a goals system, Live Your Best Life, from our years of coaching and I offer you the essential points. A 'yes you can' comes from me – when you are ready, and *be gentle with your tender self*.

1. The first step is to make a very clear decision to move forward.

'I will LIVE these days' helps me.

Key: Find your 'reason', your 'why'. Something for you to see as worthwhile, something good for the world, something good for you or your loved ones so you have incentive to take steps forward. Your health, your sanity, your progress day to day. At some point in your grief this will seem like a good thing.

The **intention** of making this decision then propels us into our future.

2. After the decision comes thinking about what we want, so, we need a plan for the thinking:

I like the flexibility of post-its, or your computer could do this.

Do a **Goal Mind Dump**.

Write one goal per post-it and put them at random down in front of you, though some people prefer to make lists,

Get very present, take a deep breath, and ask, **"If I could have anything, do anything, and be anything in the whole wide world with no limits of time, money or resources of any sort, what would these things be?"**

Remember, no limits! Drop down these thoughts. **What else?** Home, friends, time, family, work, health, wishes, finances, spiritual life, study, hobbies?

3. Organise the goals into priority order, the most important at the top.

Ask, which one will make the most difference in my life right now?

And ask which one inspires me?

Choose the one you want to achieve first.

4. Be very specific about what you want.

Write the goal out in detail and at length.

The subconscious mind can only deal with the first person and present tense. Don't use statements about the past or anything that says 'you' or 'us'; it's about 'I'.

So, each of the goals needs to begin with the word 'I' and it is followed by a verb. For example, I will lose weight, 25kg within one year to be healthier; whatever, it just needs to be very specific. Write out the details of how you are going to do it with exercise and food and so on.

5. **Your goal needs to be qualified**, based on what is important to you, what you value.

There are questions that need to be asked, like "will this goal cause harm to myself or others?"

"Will it interfere with others?"

In our case, as grieving people, "is this the right time for me?" "Is it life enhancing or life depleting?"

"What have I learnt that will make a difference in achieving this goal?"

"What resources do I have already to achieve this goal?"

"What else do I need?"

"What knowledge, contacts, finances and other goods do I need?"

"What are the other possible obstacles in the way?"

"What about me could get in the way?"

6. **Mentally Claim It.** We have to be very focused and don't let this idea go. Don't let it disappear in the 'doing' of our life. Keep claiming it. Once your subconscious has hold of it, it will work on it.

Use affirmations or visualisations of your good results regularly.

Visualisation, or applied imagination, allows us to record any data we wish in our subconscious minds, and record it as the truth told in advance.

We can literally make it up and visualise it as the truth. The human mind cannot tell the difference between an actual experience, and one imagined in great detail. Athletes have used this tool for many years now.

KEY: Add emotion to the goal; picture a new future when you do this, get involved in your future. Picture and feel the joy, feel the togetherness, feel the happiness, see your success, really feel yourself as now present with the goal so you can inspire yourself. Get as many details as you can. Sure, it may well be a bit daunting in the middle of grief but just do what you can.

7. Action Steps, doing the things to take us forward.

Again, ask which one will make the most difference, and is not just the easiest.

Is there a 'critical constraint' holding you back? Fix it or ask for help.

Make lists of action steps, one small step at a time, then put the to-do dates in your diary system.

Take one step at a time, do it, and you are there, remembering 'the P word – patience'.

Yes, you can. If I can...

Which words do you need to say to yourself over and over? I AM... courageous, healthy, persistent, caring, clever, resilient, grateful, smiling, friendly, capable? Three to focus on each day.

8. Celebrate your emergence, your willingness, your persistence, and your courage.

Using the two tools below will help keep you on track.

That is a job so well done, however much you were able to do at this moment.
Congratulations from my heart.

With much love,

Dr Judy Hinwood

PS I would so love to hear about your results at Judy@LightNow.au



The Chariot Tool

Imagine a speedy chariot and see yourself as the charioteer in the chariot. See your prancing steeds in front of you, leading the way, leading you on to the successes you desire in your life – personal, physical, spiritual.

See yourself charging forward, being the master of this chariot, hair flying backwards in the breeze you created, believing in yourself, and see that in this way you are the master of your own health, your own successes, your own life.

Every time you feel you are falling a bit by the wayside, see yourself as the charioteer charging on.

Don't take on more work than you enjoy and do only what you enjoy.

Have fun with this. Have fun racing on to your new adventures.

[Click here for link for the Chariot](#)

The Gold Medal Tool

You are awarded a shining gold medal for what you have accomplished so far, and a pat on the back for the work done on yourself.

Yes, there are always challenges, but see the obstacles in front of you as just that, challenges. See them as something you can look forward to working and growing with and learning from. See them as opportunities for growth, for new insights and awareness.

Acknowledge each job well done, however small. Do you neglect to grow your self-esteem with this simple action? Celebrate your successes!

Keep on keeping on. More medals are coming!

Know that you are indeed worthy. You were born worthy, equal to everyone else in God's eyes. Let this be so in your eyes as well.

Visualize accepting an award that says you are worthy of all the good things in life.

See yourself being acclaimed as a champion for achieving good things in the physical, mental, emotional and spiritual realms and receiving a gold medal for your perseverance and commitment.

See yourself as a winner. Lift your arms high in celebration and say a loud 'Yes'. Pat yourself on the back often – catch yourself doing well. In fact, give yourself gold medals enough to weigh you down.

See yourself as deserving of the gold medals and receiving acclaim for them. Think of achievements that you have done, no matter how small. Feel the satisfaction of achievement and let this feeling lead you forward, knowing your worth.



Chapter 7.

UPDATE:

Notes from my major session with the grief counsellor, John Barter, Kingscliff, NSW August 2024.

This was an extremely useful session, almost four years after John died. My bottom-line, always-there thought and feeling, and always with sadness, was that **'I don't want to do it without John'**. Constantly there, no matter how hard I tried to move forward I was always sad because John wouldn't be there in physical form, sharing, talking and laughing with me as he had been for so long. My physical and mental health had taken a beating.

JOHN BARTERS' REPLY

'Of course you don't want to move on without him.

But know that those are just words.

You can 'buy' into them or not. Instead, just notice them, sort of from a distance, notice the emotions and your body state, the emotions in there.

Acknowledge that these are true for you in this moment and for good reason.'

AND THINK 'I HAVE A CHOICE IN THIS MOMENT.'

To go ahead as I am, sad, slow and listless, or not.

THEREFORE, I choose to go forward, for my sake, to have a happier life, for John, for the sacrifices he made for me, and for the knowledge base that I have to share with others.

KEYS: So, I will feed my body and soul positivity in each moment, and look after them, looking forward to better in all ways.

:I will remember Charlie 'Tremendous' Jones' saying 'if you are miserable, at least be happy miserable'.

: I will take small action steps gently and kindly on my hurt little self, being very aware in each moment.

More time is needed to make new habits; that will help.

DOUBTS: Don't give the doubts attention – 'No, I'm doing this. I'm on track. All's well.' This is an opportunity to 'rise above' with ongoing learning.

I make John shine by doing what needs to be done. His lovely legacy continues.

Doubts are just distractions. Say, 'no, I am writing this piece just now.' Stay on track.

AVERSION: For deep 'I really don't like this, I don't want to do this' simply BE AWARE. Stand back and don't give it energy. Don't repeat it!

Don't personalise it, own it, take it in or make it real. Change it to what is useful.

LONELINESS is just a mental and body state that we personalise and identify with by saying 'I am this...' Sit with it quietly and neutrally, just noticing it, so we don't become the feeling.

In summary: Have a TEFLON PSYCHE, a non-stick mind so our 'stuff' doesn't stick. Continue to heal with calm and insight.

Take these tools into my heart and mind, realise they are for me, and use them.

Thank you, John Barter, indeed. Great reminders. Life-saver.

With love,

Judy Hinwood, DC



Acknowledgements

I am honoured and blessed to have been married to the brilliant, endlessly giving and caring Dr John Hinwood, chiropractor, mentor, author and speaker, and to be part of our encompassing family.

This collection comes because of my loss of him. The words come from the dedicated and caring wisdom of the clever people I searched out in the first three years after John died, in an effort to manage and make some sense of the loss. I acknowledge each of them most sincerely, principally Michael Massey, supreme coach and our friend who still calls me weekly with unlimited sensitivity, caring and wisdom.

John Barter, grief counsellor, Nicole Franek and Megan Murphy kinesiologists, Estelle Hammond friend, Chris Armitage-Johansson, psychotherapist from Denmark, and the Rev Bryan Gilmore were instrumental in normalising my grief when my sanity was so shaky.

I have been graced with unlimited and committed chiropractic care and love from our friends, and the value of that work can't be estimated. Thousand thanks indeed to each of you.

To our many caring, supportive and faithful friends who did awful things like sorting with me and taking John's belongings away, and hearing my crying yet again, my boundless and eternal thanks. Picture yourselves having John putting a shining gold medal around each of your necks and of course, kissing and hugging you.

My dear parents Doris and Wilf Armitage of Bega were loving, generous and kind teachers to the last. To the many, many teachers who have invested their precious time and life energy in me, my deep gratitude to each of you.

My gratitude knows no bounds for the continual availability of Gerard, my spiritual guide. I have been blessed for about forty aware years to have had unlimited access to his wisdom, love, and generosity of spirit. Whatever my challenges, I have been given tools to manage, learn, move on, and thrive. Not always heeded, my consequences.

I dedicate this collection to you all. You have blessed me mightily.

Judy Hinwood, DC July 2024

Also by Drs Judy and John Hinwood

Websites

Light Now: www.LightNow.au

The Hinwood Institute: <https://hinwoodinstitute.com>

Light Now:

Mind Tools to Calm, Connect and Create

: available on both websites Light Now: www.LightNow.au and The Hinwood Institute: <https://hinwoodinstitute.com> and Amazon

E-book by Dr Judy, a gift:

Handling Grief and Loss. 10 Key Strategies : available on both websites Light Now: www.LightNow.au and The Hinwood Institute: <https://hinwoodinstitute.com>

Books by Dr John, available on <https://hinwoodinstitute.com> and Amazon

You Can EXPECT A MIRACLE ... The Book To Change Your Life

You Can EXPECT A MIRACLE ... Yes YOU Can

You Can EXPECT A MIRACLE ... Unexpected Miracles

You Can EXPECT A MIRACLE ... With Chiropractic

You Can EXPECT A MIRACLE ... Insights Into Life

You Can EXPECT A MIRACLE ... 201 Miracle Messages from A to Z

You Can EXPECT AMIRACLE ...13 Keys to Becoming A Miracle Magnet

About the Author

Dr Judy Hinwood is an Australian teacher and chiropractic health professional by training. She is a highly experienced and respected clinical practitioner, and a seasoned coach, mentor, speaker, trainer, and author.

Where did Dr Judy's knowledge come from?

Dr Judy and her late husband Dr John Hinwood taught Physical Education in Australia and overseas before completing Doctor of Chiropractic degrees in Canada in 1978. Back in Australia they established a successful and enthusiastic chiropractic practice in suburban Brisbane that became a model for many. In 1983 Judy chose a natural wellness approach to reverse a very serious disease and heal her body. This experiential health journey coupled with her health qualifications and much study led her to a deeper understanding of how essential harmony is for true wellbeing. The successful outcome of this combination of natural-based modalities was the genesis of a new approach to health care that she and John fostered. With a thorough understanding of the challenges faced by health professionals, John and Judy created The Centre for Powerful Practices in 1991. Together with their mentoring team they have assisted a significant number of chiropractors and other health care professionals to balance their practice and life opportunities. In 2011 Drs John and Judy launched the Stress Management Institute to deliver their proprietary Stress to Strength workshops and coaching. Specialising in a wellbeing-based approach to life, their teachings recognised that health has many factors; physical, mental, emotional, and spiritual. Their coursework drove the understanding that for true healing all factors need to be in balance. Dr Judy Hinwood is a Member of the Australasian College of Chiropractors and an Associate Fellow of The Australian Institute of Management. She has received humanitarian Awards in Australia and the USA, and other distinguished service awards. She was named World Woman Chiropractor of the Year in 2004 at Parker Seminars in America.

Following the passing of Dr. John in October 2020, Dr. Judy ensured that their work would continue by granting use of the materials to two of their graduates who have established The Hinwood Institute to carry on sharing this life giving knowledge.