

Grief and Trauma Resources

Peter Levine **Waking the Tiger: Healing Trauma**
(North Atlantic Books: Berkeley CA, 1997)

Candace Pert **Molecules of Emotion**
(Simon & Schuster: New York NY, 1995)

Pema Chodron **When Things Fall Apart**
(Shambala Publications: Boston, MA, 1997)

Sobonfu Some & Malidoma Some;
Traditional African Grief Rituals
www.malidoma.com
www.sobonfu.com

"Tears are a river that take you somewhere. Weeping creates a river around the boat that carries your soul-life. Tears lift your boat off the rocks, off dry ground, carrying it downriver to someplace new, someplace better."
Clarissa Pinkola Estes