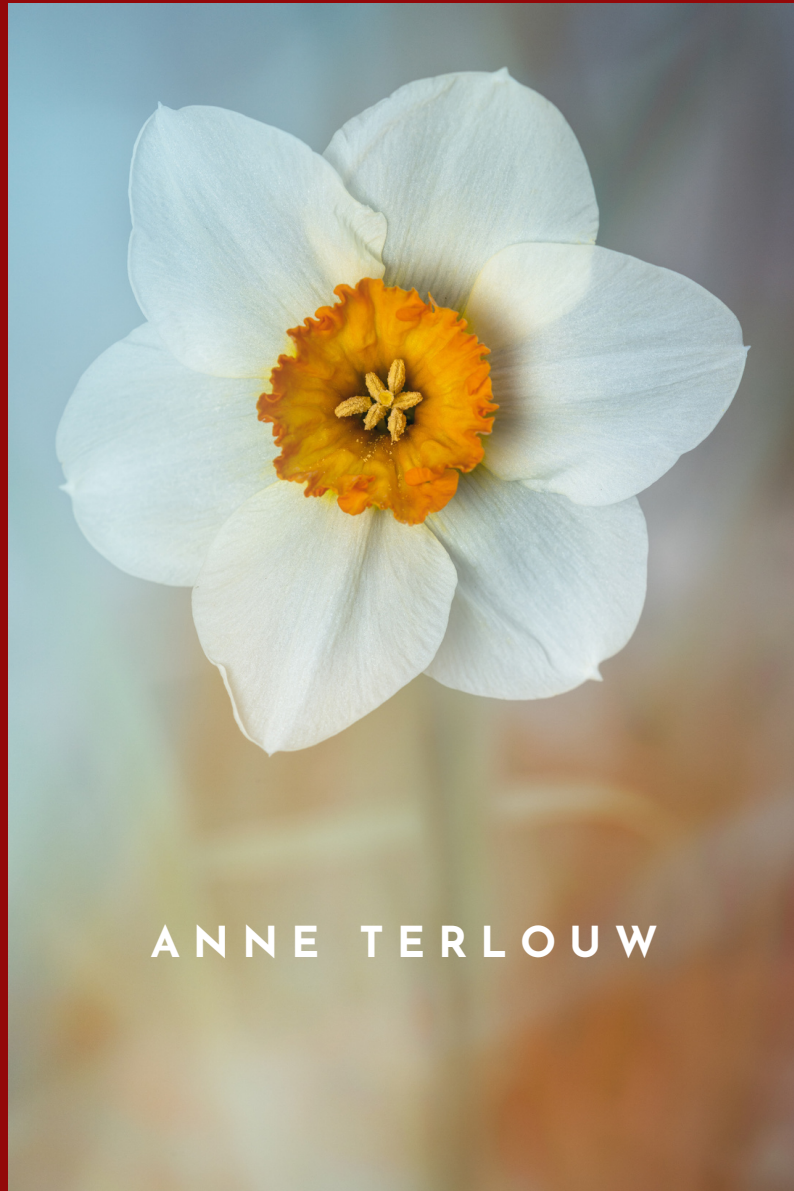


# BE NUDE



ANNE TERLOUW

# GRIEF TRANSFORM ME

HOME PLAY #1

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BE NUDE BRINGS YOU HOME PLAY  
BECAUSE BEING NUDE CAN BE PLAYFUL

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Welcome, love  
to our first Home Play Booklet

# **GRIEF TRANSFORM ME**

by

**BE NUDE**

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This booklet simply couldn't come at a more poignant time in this world. Today more than any other day, our world is being reborn. To be able to be reborn, something has to die. To access the depth and the magic within this death, grief plays a very important role in our inner cycle.

This booklet demystifies Grief as a part of our human experience. Untended to she can come to us through depression, negativity or no joy for life. Tended to she has the natural power to transform you, in so many ways.

Be Nude brings you 10 invitations to completely  
**re-design the way you experience grief.**

# A NOTE

FROM THE AUTHOR

**ANNE TERLOUW**

In the process of creating this booklet about grief, the question ‘what if?’ passed me many times. At first she felt scary to me, I wanted to reject this question as it brought me a lot of fearful thoughts and uncomfortable sensations in my body.

The journeying with this ‘what if’ question brought me to feel an opening.

An opening to **opportunity**.

An opening to the **natural pace of processing grief** happen through me.

An opening to **surrender** to the process of grieving.

I saw how grief wanted to move through me, wanted to transform every single experience into an expansion of love inside of me.

I simply had to allow her.

I gave her the space and time she needs to express herself.

I welcomed her,

I tended to her.

And through tending to her, I experienced her natural urge to transform.

These 10 invitations are merely that, invitations for you to support your process of grieving. As she may arise in any moment, in any shape. We firstly need to become aware of her essence, so to not fear her, but befriend her.

That’s where this booklet starts, with you.

# ABOUT THE AUTHOR

## ANNE TERLOUW



As a guardian of the Womb, Anne has been moving through many layers of grief while on her personal journey for 8+ years. She has held herself and many others through ceremonial spaces, devoted to this alchemical process. She feels in every cell of her being that the world needs to hear about these practices to start fully living in alignment and embrace love in all aspects of life.

Her last 3 years as a mother have initiated her deeply into the depth of alchemy & grief. Having birthed and aborted life in those years, brought her to the edge of life. She met a depth of grief she didn't know before and brought her the greatest gift of life  
- that of living in love.

Anne loves to share through guiding Somatics journeys, Tao practices, WombWork, Chinese Medicine, the written and spoken word, rituals and ceremony & sound healing.

She guides humans towards their truth,  
where you can just Be and are Nude.

# **GRIEF TRANSFORM ME**

## **HOME PLAY #1**

In this home play we will dive into grief's **depth**, her **somatic language**, her **meaning**, the **allowing**, the **dreaming**, her essence in **Chinese Medicine**, the power within **rest & pleasure**, **nourishment & her communal power**.

You will be **re-designing** the way you experience grief.

A magic mixture of  
the **written & spoken word**, **guided somatic practice**,  
**body listening**, **ritual**, **a delicious recipe & creating crystal clarity**  
**on your soul yearnings around grief**.

Grief is love, with nowhere to go.

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# GRIEF TRANSFORM ME

**AS HOME PLAY WE WILL GIVE YOU 10 INVITATIONS TO SUPPORT YOU IN YOUR GRIEF TRANSFORMATION. WE BRING LIGHT TO PIECES THAT MAY FEEL CONFRONTING. WE SUGGEST YOU BE KIND WITH YOURSELF. TAKE YOUR TIME, BE PATIENCED AND DEVOTE YOURSELF. THIS IS NEEDED TO INTEGRATE THESE PRACTICES IN YOUR WHOLE SYSTEM.**

## **1. BE WITH THE GRIEF**

Give yourself space to be. Speak, talk, scream, write your story a million times on paper. So you can see what is playing out inside of you. See your valid truth. See how your truth is ever evolving, and so is your grieving process. No, your words won't bite, they will bring quiet the opposite: clarity.

## **2. SOMATIC EMBODIMENT**

Observe how grief feels in your body, practice to be with them without avoiding, or judging. rather giving the grief what she needs. We created an audio practice for you to embody grief and let her transform you. Listen to it [here](#).

## **3. GRIEF'S MEANING**

We all have been brought up in our own unique way. We carry those stories with us, which we choose to take as truth during our life. Becoming aware of the meaning you choose to give grief, will give you the opportunity to re-design her story. Take a moment to journal your intuitive thoughts down. Keep on writing until you feel you wrote it all.

What might you make grief mean?

You might want to dive deeper into other pieces that come up, please do. unravelling the truth that resides within you can only give you more clarity.



# GRIEF TRANSFORM ME

## 4. GRIEF & CHINESE MEDICINE + A RECIPE

In Traditional Chinese Medicine the emotion grief is associated with the Lungs and the element Metal. Each of the 5 elements are a part of the natural cycle of birth, growth, waning, death and rebirth -- which basically manifest itself in the seasons we experience (inner and outer).

The element Metal is associated with the season of waning into autumn, which makes it a natural moment in the cycle of nature to feel existential grief.

In this human experience it is inevitable to feel sadness. Just like the loss of youth, of vigor, of relationships and friendship. It's a part of us, which gives us more reason to embrace and befriend this season of life, right?

The health and flexibility of this Metal phase is of great importance, so to hold all the changes that occur and to allow loss to happen. So we can make space for the new to come. You can imagine that if the metal quality is weak within us, it's harder to let go of sadness and loss of any kind. It can bring a state of melancholy or depression. Which likely and might manifest in dis-ease in the physical body.

As grief is a natural phase of our human experience, she has to be felt and moved with and through. If we aren't able to naturally exchange this grief with the Universe around us, we grieve excessively. We can even feel very isolated and have a difficult time to connect with self and others.

Grief's discharge is a quite essential part of the body - mind capacity to renew itself. Unfortunately, she isn't so welcome to be expressed in the individuality of our time and our culture. It is time to change that, so not to get overwhelmed by grief. If we can't allow grief to happen, we can experience deep grief on a collective level. Our world as we know it now is an example of that.

To support this grief phase of life, we've created a delicious lung tonifying meal for you to enjoy in the morning, find it in [the latest post](#) of Be Nude.

# GRIEF TRANSFORM ME

## 5. THE FUTURE GRIEF

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Now you've observed how it feels in your body and have written down what you might make it mean, there is space to feel into how you want grief to feel.

Write exactly how you want grief to feel. You'll imagine your future self, but write like it is happening right now! **Present tense** it is!

Which sensations will she create in your body?

How will your thoughts respond to those feelings?

How does support feel when you grieve?

Which actions will give you a sense of safety when grieving?

Make your experience as vivid as possible, as you're living it now.

## 6. HYDRATION AS YOUR PRIORITY

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Our body is 80 % water, which makes being hydrated one of the most important parts of being human. Unfortunately this is a subject we're often wrongly informed about.

Quality water (no this isn't tap water) and drinking more than this society makes you think, is supporting you in cleansing naturally and keeps you liquid and fluid (in all the ways).

I can tell you, being thirsty, isn't normal - this is called dehydration!

For all the Wet Wisdom follow [Dr. Michelle Patricks](#) & [Katya Nova](#), they're my favorite water wizards!

<< Please, drink a glass of water before you continue reading >>

# GRIEF TRANSFORM ME

## 7. NOURISHMENT

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Become conscious of how you nourish yourself. The less toxins you put in your body, the less 'work' she has to do, the more energy she has left to process grief (and any other emotion). My experience of life changed dramatically when I started to prioritize my nourishment.

No, not only nourishment in the form of food!

I invite you to look at the following in your daily nourishment:



### **Eating only organic foods & fruits**

If not, give it a try for 3 weeks, see how it effects you

### **No processed foods**

(no don't shame yourself for that cookie or croissant, life is a perfect balance right?!)

### **Lots of water** (good quality water!)

**Fresh prepared meals**, to keep the level of nourishment high

Aim for **no intake of caffeine and other drugs** (give it a try?)

### **Move!!** Don't forget to move your body!

She will thank you later for all that she can process through you moving your physical body.



### **MENTAL & EMOTIONAL NOURISHMENT**

Your thoughts, your capacity to process emotions and the words you speak influence your overall health, bigtime! They all hold the power to create physical ailments, when not tended to properly.

Being aware how you currently are and pondering about how to infuse all of them with love, is the life task we all carry. We will definitely create another booklet on this specific subject!

# GRIEF TRANSFORM ME

## & HOLY REST & PLEASURE

There is simply no better way to regulate, integrate and re-design:  
it all happens through REST & PLEASURE

What is the quality of your rest?  
Do you feel rested in the morning?  
How can you prioritize rest?  
(aka a peaceful walk, meditating, being in silence is also rest)

and also..

Do you enjoy life? Where are you bored, sucked of energy?  
Which part of life are nourishing you and make you feel alive? Do more of that!  
Tuning your life, step by step, towards the amount of pleasure it gives you is the  
biggest shift you can ever gift yourself in this lifetime.  
Take small steps, and all will align!

## 9. DECLARE YOUR DEVOTION RITUAL

Nothing is more powerful than the spoken word!  
You declaring your intentions and your visions, on a daily basis infuses you with  
the frequency of it, which will support your state of being in miraculous ways.

What you're devoting yourself towards in your grieving process is up to you.  
Place a hand on your heart and one on your belly,  
take a breath and say in **present tense**:

"I devote myself to...  
So be it, aho!"

Take a moment to take in all those sensations. breathe with them. hold them and  
then release them with an exhale.

# GRIEF TRANSFORM ME

## 10. GRIEF NEEDS COMMUNITY

### **Find support during your grieving journey**

We've been made to believe it's safer to be alone and isolated. We are not.  
We human beings thrive in community, we need each other!

Grief would also not be able to process itself properly alone..

She needs your full system to be in coherence,  
so they can all work together to move grief through you & catch her gifts!

How beautiful that this inner process is just a reflection of our outer experience.

Gathering those around us who we trust with our most vulnerable  
and truthful self, or setting a clear intention to find your tribe, is of utmost  
importance for us to thrive as a human being.

You won't regret becoming more vulnerable and reaching out.

### **When capable, support others in their grief**

Even a simple message or call can bring so much love to those who are grieving.

It's okay to not know what to say, words sometimes feel  
unmatchable with the situation.

Tell honestly how you feel, just connect, nothing more is needed.

Just don't give up on connecting with them, we need each other  
more than ever while we are grieving!

## **THANK YOU FOR YOUR PRESENCE**

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Thank you for showing up, reading and practicing with us.

May these 10 invitations guide you on your way  
and support you so that you can open up to the gifts of grieving.

**Normalizing** our lived experience, bringing our **vulnerable** and **honest** selves  
forward is the most important **revolution** on this planet right now.



Metamorphosis by Megan Posnikoff

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We'd love to read about your experiences, your insights,  
your take aways, your celebrations and mournings!

We're here to hold you in the Be Nude Community,  
you can comment or share your experience here.

We are here for you if you're in need for guidance along your journey  
of allowing grief to transform you.

Just reach out to us through  
[be.nude.substack@gmail.com](mailto:be.nude.substack@gmail.com)

with Love,

*Anne Terlan*