

The

MOTHERLOSS SURVIVAL GUIDE

**Essential Support for Your Heart,
Your Healing & Your Next Steps
After Losing Your Mom**



Created by Aimee Nicole Hall
Piress Life
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Dear One,

If this guide is in your hands, I want you to feel something right away:
you're not alone anymore.

My mother died in a car accident when I was twenty — she was on her way to see me. One moment she was here, and the next... my entire world was shattered. My grief was intense, disorienting, and painfully complicated. No one around me could explain why everything inside me felt so unsafe, so empty, so different.

That loss set me on a thirty-three-year journey to learn how grief actually heals —
in the body,
in the nervous system,
in the energy field,
and in the soul.

I have spent decades studying holistic health, trauma, spirituality, the Divine Feminine, and the chakra system... because I desperately needed support navigating life without a mother. And slowly, over years, I learned what truly works, and this includes connecting with your mom.

**Today, my mission is simple and deeply personal:
to create the resources, guidance, and community I needed so badly when my mom died —
so you don't have to go through this alone.**

I have built an online space, the Piress Life Sangha, where young women who lost their mothers early can gather, feel understood, and receive support from those of us who get it. A place where your grief isn't "too much," where you don't have to pretend you're okay, and where you can learn how to stabilize, soften, and begin to feel safe again.

This guide is the beginning — a warm hand on your back, a few grounding tools, and some spiritual truth to help you breathe a little easier. The Sacred Seven is the deeper path forward — the full feminine framework for healing grief, trauma, and disconnection at the root level... the map I wished someone had given me at twenty.

Every word in this guide is from my heart.

My intention is to ease a small piece of your suffering, help you care for yourself on a deeper, more sacred level, and remind you that healing is not only possible — it is already unfolding inside you.

I'm honored to walk with you.

With love,
Aimee

Piress Life Founder
Motherless Daughter, Survivor, Wayshower



Before You Go Any Further...

I Want You to Know This

Losing your mother — at any age, but especially while you're still becoming yourself — is one of the deepest heartbreaks a human can experience.

Nothing prepares you.

Nothing compares to it.

And nothing about your grief is “too much,” “too long,” or “wrong.”

You're not supposed to know how to do this.

You're not supposed to just “be okay.”

And you're definitely not expected to figure it out alone.

This guide is a soft place to land — a few essential practices for moments when the ache feels unbearable, when you can't breathe, when you feel unmoored, or when you wish you had someone who understood.

I made this for you because *I* was you.

I lost my mom when I was 20, too — abruptly, tragically. And afterward... I just needed someone to tell me:

“You're going to survive this.

You're not crazy.

This pain is real, and it will soften.

And you still have a future.”

This guide contains the exact spiritual and grounding practices that helped me rebuild myself. They work because they are gentle, accessible, and based on the truth we now know:

👉 **You have a spiritual brain — a built-in connection to something larger, wiser, and loving.**

You were never designed to grieve alone.

Let this guide hold you for a moment.

Let it give you breath where things feel too tight.

Let it remind you that your mom's love didn't end — it changed forms.

You're not alone. You're not lost. You're not broken.

You are grieving — and grieving is sacred.

PART 1: A PRAYER FOR STRENGTH & GUIDANCE

Inspired by what science now knows about the "spiritual brain"

Find a quiet moment.

Place your hand on your heart or your belly.

Breathe slowly and softly.

Then say this – out loud or silently – and let it wash over you:

☀️ **A Prayer for Strength, Connection & Guidance**

Dear Source of Love,

Dear Wisdom that lives within me,

Dear Spirit that connects all things...

My heart is hurting.

I miss my mother in ways I can't always put into words.

But I also know I am not alone – not in my grief, not in my healing, not in this moment.

Awaken the part of my brain that remembers connection.

Open the pathways inside me that sense guidance, comfort, and truth.

Let me feel held – by something greater, by my own inner wisdom,
and by the love my mother left behind.

Show me the strength that is already within me.

Show me the next step.

Show me how to breathe through this moment.

Help me feel my mother's presence in the ways that are still possible.

Help me feel connected – to myself, to life, and to the love that continues.

I am open.

I am willing.

I am listening.

Thank you.

Amen.

And so it is.

PART 2: SUSTENANCE — SELF-CARE THAT HELPS YOU SURVIVE THE EARLY WAVES OF GRIEF

Self-care isn't a luxury right now — it's your lifeline.

When you lose your mother, your nervous system loses one of its earliest sources of safety and regulation.

The Sustenance practices come from the Root Chakra — the center of grounding, safety, and stability.

These are the exact things that help stabilize you when grief makes everything feel chaotic.

Use these daily, or whenever you feel wobbly.

1. Feed Your Body Like You Need It (Because You Do)

After loss, appetite changes are normal.

Some people can't eat; some people overeat.

The goal is not perfection.

It's nourishment.

Try this:

- Eat something warm once a day
- Add one whole food to each meal (fruit, vegetable, whole grain)
- Drink water even if it feels annoying
- Keep snacks like nuts, bananas, apples, or soup on hand

Minimize these:

- High sugar snacks and junk food
- Alcohol (it's a depressant)
- and minimize caffeine

Your body is carrying a lot. It needs support.

2. Create One Daily Ritual

Grief removes routine. A ritual gives your brain something to anchor to.

Examples:

- Lighting a candle for your mom each morning
- Journaling one page of feelings
- Sitting outside for 5 minutes
- Drinking tea without your phone

Small rituals regulate your nervous system and help grief move through you instead of getting stuck.

Rituals of Remembrance: As time goes on, and special occasions arise (birthdays, holidays, anniversary dates) make a point to carve out time before the day begins to create space for your grief. This might look like taking flowers to the ocean and throwing them in one at a time with a prayer or memory of your mom or taking a walk through nature in a place that your mom loved. It doesn't matter what you do, you just want to carve out time to take care of your self and tend to your heart during these sensitive times.

3. Grounding Practice to Reconnect Your Body & Spirit

Try this grounding breath:

Inhale for 3

Hold for 6

Exhale for 9

Repeat 7 time

This resets your body's stress response and brings your awareness back into the present moment, which is where safety lives.



PART 3: A HEART CHAKRA MEDITATION FOR HEALING GRIEF

This meditation is gentle, emotional, and ideal for someone deep in loss. Record this on your phone and listen to it when you can be comfortable, quiet and relaxed.

♥ HEART CHAKRA GRIEF HEALING MEDITATION (5–8 minutes)

Sit comfortably.

Place your hand on the center of your chest.

Take a slow breath in... and a slow breath out.

Close your eyes.

Imagine a soft green light glowing in the center of your chest.

It's faint at first — but warm.

Like a nightlight.

Like a signal that says, "You're still here."

With each breath, this green light expands.

Not to erase your pain — but to hold it.

Now imagine your mother standing behind you.

Not in a literal way — just the sense of her.

Her warmth. Her presence. Her essence.

Let her place her hands gently on your shoulders.

Feel the steady, anchoring weight of love.

Her voice — whether you hear it or simply sense it — whispers:

"I am here.

I didn't leave you.

I changed forms."

Let the green light expand again.

Let it soften the ache just 1%.

That's enough.

Take one more deep breath.

When you're ready, open your eyes.

You are still connected.

That connection can never be broken.



PART 4: A CROWN CHAKRA MICRO-PRACTICE

(For Connecting to Something Greater When You Feel Alone)

The Crown Chakra is your spiritual lifeline — the part of you that whispers:

"Your mom is still with you.

Love doesn't die.

You are supported."

Here's a simple way to open that channel:

Crown Chakra Connection Breath

Close your eyes.

Imagine a stream of soft white light above your head.

On the inhale: imagine it pouring into you.

On the exhale: imagine it filling your whole body.

Repeat for 1–2 minutes.

This practice activates the same neural pathways that turn on during prayer and awe — the “spiritual brain” that connects you to something greater.



PART 5: A MESSAGE FROM ME (AND THE BRIDGE TO THE SACRED SEVEN)

If you're reading this, you're in one of the hardest seasons a human being can walk through.

I made this guide because after my mom died, I needed something like this – something simple, spiritual, grounding, and designed for the kind of grief that shakes your foundations.

I didn't have a map.

I didn't have a community.

I didn't have a feminine framework for healing.

So after 33 years of studying healing, trauma, energy work, spiritual connection, chakras, and the Divine Feminine...

I created the map I wish I had.

I built the framework I desperately needed.

I designed the community I was searching for.

That map is The Sacred Seven –

a seven-module journey through the chakra system that helps you:

- Heal grief
- Calm your nervous system
- Reconnect spiritually
- Repair childhood wounds
- Strengthen your intuition
- Rebuild your identity
- And feel whole again

If this guide helped you even 1%, imagine what a full system of support could do.

Whenever you're ready, The Sacred Seven will meet you where you are – gently, lovingly, and at your own pace.

You deserve healing.

You deserve support.

You deserve to feel connected again.

And I'm here when you're ready.

With love,

Aimee

Founder of Piress Life
Creator of The Sacred Seven



PIRESS LIFE
& THE SACRED 7

ALWAYS REMEMBER:

*"You have the power
and the right to protect
your peace"*



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