2020 something huh things thrilled sharing guest post Bernadette Pleasant founder Emotional Institute online resource educational center offers courses workshops interactive experiences provide pathways cultivate emotional wellbeing gain insights bring balanced mind/body connection Bernadette spent lifetime exploring celebrations mind body sensual dance somatic healing woman color comes esteemed tradition natural healers recognized leader mind-body wellness realm Bernadette podcast last year let say ’ episode definitely ’ want miss heard already ’ worth another listen Get read one ritual Bernadette says need help deal stress 2020 also help us heal past wounds find true authentic joy lives even amidst ’ happening Gosh knows need Grief always essential emotion humanity every place every time Yet many us upswell grief trying times Grief always surface broken veil forefront consciousness Many experienced quintessential grief losing loved one time also struggling loss personal freedom loneliness racism worry infection unemployment business loss — list endless Frustration compounds grief many people feel helpless ’ know make meaningful difference Fear hate grief fills body much needs airing needs felt heard seen moved response events 2020 created Grief Ritual virtual practice sign — ’ free ongoing brings us together hold space one another move emotions experiencing new sorrows triggered recent events old grief coming surface Whether grief fresh raw smoldering decades whether interpersonal existential ecological ancestral Grief Ritual facilitates expression release Healing begins community embodied somatic work invites access express emotion supportive community gives safe space release grief sorrow anger fear numbness — cathartic deeply transformative experience