2020 someth huh thing thrill share guest post bernadett pleasant founder emot institut onlin resourc educ center offer cours workshop interact experi provid pathway cultiv emot wellb gain insight bring balanc mind/bodi connect bernadett spent lifetim explor celebr mind bodi sensual danc somat heal woman color come esteem tradit natur healer recogn leader mind-bodi well realm bernadett podcast last year let say ’ episod definit ’ want miss heard alreadi ’ worth anoth listen get read one ritual bernadett say need help deal stress 2020 also help us heal past wound find true authent joy live even amidst ’ happen gosh know need grief alway essenti emot human everi place everi time yet mani us upswel grief tri time grief alway surfac broken veil forefront conscious mani experienc quintessenti grief lose love one time also struggl loss person freedom loneli racism worri infect unemploy busi loss — list endless frustrat compound grief mani peopl feel helpless ’ know make meaning differ fear hate grief fill bodi much need air need felt heard seen move respons event 2020 creat grief ritual virtual practic sign — ’ free ongo bring us togeth hold space one anoth move emot experienc new sorrow trigger recent event old grief come surfac whether grief fresh raw smolder decad whether interperson existenti ecolog ancestr grief ritual facilit express releas heal begin commun embodi somat work invit access express emot support commun give safe space releas grief sorrow anger fear numb — cathart deepli transform experi