

Relationships beyond the physical world: Spiritual VIPS.

Our connections with loved ones who have passed away, pets no longer with us, or even past versions of ourselves can continue to hold deep significance in our lives. While grief is a personal and unique experience, many find comfort in honoring these relationships and keeping their memories alive through daily routines. By bringing these spiritual VIPs into your present moment, you can maintain a meaningful connection with them. These spiritual connections still play an important role, offering guidance, comfort, and a sense of purpose. Reflecting on their impact can provide a sense of support and presence, helping to shape who you are and what you do today. In this way, these connections are not lost but transformed, continuing to influence and guide you on your journey.

VIP Mapping Spiritual VIPS

1. Who are the most important relationships that are no longer part of your physical world?
2. Would it be okay to invite them into this conversation? If you both agree, what would you like to say that you most appreciate about them? What else?
3. What would they say they most appreciate about you? What else would they say?
4. What would they say their best hopes are for you? What else would they say their best hopes are for you?
5. What would they say they know about you that you can cope and carry on in your life? What else would they say?
6. What would they say they are most proud of you? What else would they say
 7. Suppose we asked them how well you have been coping and moving forward in your life from 1-10 (where ten is the best and one is the opposite); what number would they give you?
 8. What would they say keeps the number from being lower? What else would they say keeps the number from being lower?
 9. What would they say is a good enough number?
 10. What would they say they would see you doing when the number increases by one point? What else would they say you are doing?
 11. Suppose we asked them how confident they are that you can take one step towards moving on with your life from 1-10 (where 10 is the best and one is the opposite);

what number would they give you?

12. What keeps their number from being lower? What do they know about you that you can take one step forward?

13. Is there anything else you would like to say that would be important for them to know?

14. Was this exercise helpful for you and your spiritual VIP?

15. How was it helpful? How else?