

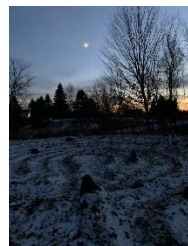


Diana Moore, MA, Interfaith Minister, Grief Counselor

Grief is a journey all its own. When we are deeply grieving it often feels like the Earth has opened up and swallowed us or that we are lost in the middle of an endless sea, with either no life raft or a very tiny one. We may feel confused, unable to focus, unable to eat or sleep normally.... And sometimes it is hard to define how we feel. If ever there is a time in our lives to ask for extra support, this is it.



I have been offering grief support to people of many ages for many years. In my own walk with grief, I have found the Labyrinth to be an invaluable tool as a walking meditation and a time-out-of-time space to process thoughts and feelings. Drums are a magnificent way to release emotions, ground them to the Earth and receive a healing resonance. Journaling, Meditation and Dialogue allow the opportunity to integrate these processes into our Being.



I offer a non-judgmental, compassionate, listening presence for you to speak what is on your heart, share your stories and feel your feelings.

Virtual and in-person sessions; Sliding scale fee

For more information contact me at diana.odancer@gmail.com or 802 535-1456. You may also find me at www.dianammoore.wordpress.com