

Ebook

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*Dealing with loss of  
and grief over your  
animal friend*

5 tips

*Mirjam Diepenbrock*

# PREFACE

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With much love I present this ebook: **'Dealing with loss of and grief over your animal friend'**

How very sad that your beloved animal friend is about to leave this earthly life or that you have already unfortunately had to let it go.

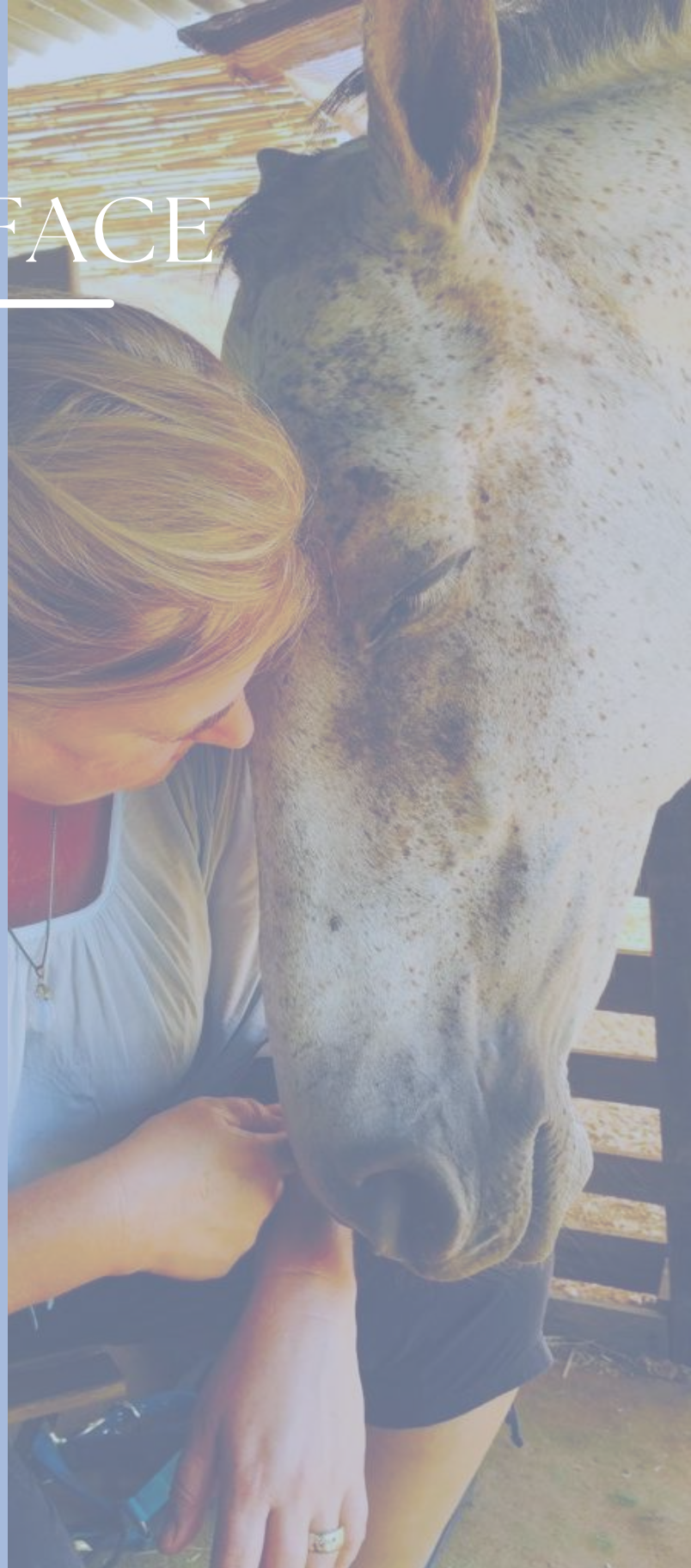
The heartbreak you feel is so pure and indicates unconditional love. But how do you deal with the loss of and the grieving for your animal? In this ebook I reach out to you with some tips.

Over many years of experience as an animal communicator, healer and Life Coach, I function as a bridge builder between the caretaker and their deceased animals' soul or the ones that are about to leave. Because of my own near-death experience, I know that there is another dimension that I can connect with.

After being kicked in the face by a horse - which almost killed me - I felt I was empowered to do something with animals in this life. Forgiving the horse who kicked me, getting back up and facing many life lessons gave me the a mission in life.

I faced lots of mental, physical and mental challenges and with the help of animals I became more grounded, loving and spiritually connected . Because of this, YOU don't have to grieve longer. This allows me to help you through pain and unanswered questions much faster.

My book 'The fine line between life and the afterlife' - a book for pet loss and grief, offers support and tips during this painful time. If this ebook appeals to you, you can order my book for even more beautiful stories and consolations.



*"I wish you lots of strength and love, that my words may bring you much consolation"*



# INTRODUCTION

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*"Written from the heart.  
I share my light on  
losing and grieving for  
your beloved animal  
friend"*

Out there amongst all those beautiful stars, there is someone I will never forget. A week, a month, a year. There will always be a moment when you will think back to your deceased animal. You look up and feel that the soul of your animal has left for that place. Shining among the stars, you feel love showered on you and a tear comes gently down your cheek.

I - Mirjam Diepenbrock - author of the book 'The Fine Line between Life and the Afterlife' have written a book especially for animal lovers about losing and grieving your animal(s). This ebook will give you a sneak peek into my book.

Our animals are dear to us and a loss can strike hard. How do you deal with it? Questions rush through your mind. Was my animal in pain? Was this the right time to let go? Did I make the right decision to put my animal down? How do my other animals perceive death?

We empathic humans engage with our animal. Intuition and telepathic communication are a big part of this. Often your feelings already will tell you enough and by feeling closely you can get answers to your questions. Animals actually tell us quite a lot :-)

So is a goodbye really a goodbye? Of course, the physical contact is gone. But don't animals stay in our hearts forever, and therefore also remain a little bit close to us? Maybe you still receive a precious messages now and then. To cope with the earthly loss, here are some tips.

# Tip 1

## ACCEPT THE LOSS

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It may feel unfair or it may feel just right. Whatever your feelings, accepting the loss is step number one to move on with your grieving process.

There is no point in denying it, just not thinking about it neither. Your pet is gone and you have to get through that.

Does that take time? Yes. Is it bad? No. Deal with it mindfully and choose the path that feels right for you.

- ☆ **Grieving is important for processing your emotions and is a very natural process.**
- ☆ **Be aware that you are closing a chapter and that a new one begins again.**



# WHEN IS THE RIGHT TIME?

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The fact that we can euthanise animals that are in great pain and/or seriously ill is a great privilege.

Before we make that choice, it is very important for ourselves to listen to the animal in his or her 'dying' process and really listen to ourselves.

We often know from within that the animal is ready. Of course, it is also important that you feel ready, but never wait too long. Especially when your pet is in a lot of pain.

Not wanting food is often a strong signal (of course, this is not always true as it can also mean something else).

Ask yourself what the quality of life is for your animal. The vet plays a very important role in this because he or she is the one who diagnoses and applies euthanasia to the animal. Discuss the options with your vet and have a good relationship with him/her. Or get a second opinion.

Nothing can make this decision easy or painless, but it really is the last piece of love you can give to your pet.



*"Lengthening the goodbye is worth nothing,  
you don't lengthen the presence but the departure"*

# TIPS

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Before choosing the moment for euthanasia, let time or compassion not be the deciding factor. Trust your gut. If you have doubts, it is probably not the best time yet. If necessary, ask your animal to give you a sign so that you both are ready for euthanasia.

When desired, try to put the animal to sleep at home at a quiet time and place, in your presence.



Let other animals in or around the house allow time to say goodbye, sniff the body and watch over his/her dear buddy before the deceased animal's body is taken away. Leave the deceased animal's basket or a cushion in the house for a while, so your animal family can have a sniff and can realise their friend is gone.

Prior to euthanasia, explain to your animal friend the steps in which the euthanasia will take place.

# STAY UNTIL THE LAST BREATH, THEY DESERVE THIS

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Many see it as a token of love to stay with the animal until the end. Some feel a kind of relief to see that the animal has passed away peacefully and is no longer in pain.

For others who were not with their pet when it died (or did not see their dead body in case of an accident or lost pet), it is often harder to accept that your pet is no longer around.

If you are very distressed, ask a family member or friend to assist you during this final moment. Your animal deserves to breathe its last breath and feel the love in your presence.

Some vets will come to your home to euthanise your pet to the other side. This way, the other animals can also say goodbye and go through their grieving process.

*"Behind every tear that flows,  
there is a smile of remembrance"*



Tip 2

## GIVE ROOM TO YOUR EMOTIONS

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Empathise and acknowledge your emotions. Pushing them away will not help you. Grief is allowed, but anger, guilt, depression and sadness are also part of this process. Just feel and let it be there. Take your time and do what feels right. Crying often relieves but even a walk in nature or sitting in silence for a while can help process your emotions.

*"A magical bond with your animal is an eternal connection."*

# GIVE ROOM TO YOUR EMOTIONS

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**Guilt** often occurs when you doubt you have made the right decision. If only I had listened to my gut feeling earlier. Or...

**Anger** can be an expression when you feel it is unfair that your pet died in an accident. You blame a vet (although he did the right thing), motorist or another animal who took away your friend's life.



**Denial** comes into play when you realize that you no longer can do your normal routines with your animal or have it waiting for you at home. Or every time you look at its bowl where you used to feed your pet. You just can't accept that your beloved friend is no longer in your life.

**Depression** occurs when you no longer live your life with joy and you cut yourself off from the outside world. This heaviness can be draining and remove all the energy from your body. Leaving you with no motivation to do the things that actually care and help you to embrace life again.



# GIVE ROOM TO YOUR EMOTIONS

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Acknowledge your feelings and then ask yourself if you want to stay in this circumstance?

If you are angry, ventilate your anger by shouting, banging on to something or verbalise it (please do this not harassing others).

Do something that suits you.

Don't try to avoid grief by not thinking about your pet.

Reflect on the wonderful memories you both have had and the lovely time. This will help you understand what the loss of your pet actually means to you.

Some will write a beautiful poem or a letter to their pet, others a nice story. Or you make a nice collage of photos. It's a nice activity and you will keep beautiful memories close to you.

It is important to reframe your time. Moments you would normally have spent with your pet can now be used for doing something entertaining or things you didn't get around to before.

# Tip 3

## ASK FOR HELP

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Not everyone will understand how special the bond with your beloved animal was and how much grief the loss brings.

Don't argue with the people who don't understand you. You can use your energy better. Pick the people who do sympathise and seek comfort with them.

If you find it difficult to go for a walk in the woods the first time without your faithful four-legged friend, ask a friend to walk with you. Don't feel like being alone? Find distraction and go do something fun. Because you can just do that too.



# TALK WITH THE RIGHT (ANIMAL) FRIENDS

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Fulfill yourself with people or animals who understand you and seek support. Dare to ask for help.

It is usually best to talk to empathic family members or other animal friends about your loss. They will understand what you are going through.

Don't mask your feelings because that is misleading and people will think you are calm and strong.

Processing your feelings with another person - step by step - is probably the best way to put things back into perspective. Find ways to deal with your grief together.

Find someone you can talk to who understands how much you have loved your pet and how much you miss him or her.

Remember that your grief is genuine and deserves guidance.

**Do you feel you need more help,  
are you not understood or do you  
still have many questions?**

**Help can also be requested through a  
consultation with me or my team.  
You will then experience peace and  
acceptance to move on with your life.**

# CONSULTATION WITH YOUR ANIMAL FRIEND

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I, Mirjam Diepenbrock - make a soul connection between humans and animals - in my opinion people are frequently left in mourning for a long time. And I am not talking about a week after passing away, but sometimes for years.

My ultimate mission is to help people process immense grief and deep pain and allow them to live in light, peace and love again. A consultation will definitely help you in this process.

You will get answers to questions like:

- " Is it time to let my animal go?
- " Have I done the right thing in letting go of my animal?
- " Does my animal still love me?
- " Where is my deceased animal now and with whom?
- " Is my animal giving important or small signals to me?
- " Can my animal forgive me?
- " What does he or she want to share with me now in order to continue on with my life?
- " Is it okay to adopt/purchase another animal friend?

Each animal is unique and provides specific answers especially for YOU!



## Tip 4

# CREATE PEACE AND STRUCTURE

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Grieving takes a lot of energy and it can be an intense period. Therefore, take plenty of rest and give yourself time to get used to the emptiness and set new routines. Although you need to give yourself some time, it is important to keep doing everyday things (at a slow pace). Distractions could help too. Look for a new day-to-day routine that works well for you.



# CREATE PEACE AND STRUCTURE

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## How do children grieve?

You often see that children show a lot of grief saying goodbye to their furry friend but also pick up the pieces very quickly.

I often tell children up to the age of 12 that the deceased pet has become a star in the sky and that they can always ask if their deceased pet wants to give a sign. Children are very sensitive and experience supernatural powers more easily than adults.

Take time to talk about the beautiful things about the pet, prior to dying and after it has gone to heaven.

Want to read more about how to help your child while grieving?

The book '[\*\*A fine line between Life and the Afterlife\*\*](#)' - a book about loss and grief, tells you much more.



# CREATE REST AND STRUCTURE

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## How do animals deal with grief?

Animals are most of the time well aware when a fellow animal friend has passed away. Sometimes they still try to activate the body when they notice their friend is no longer alive. Animals are also attached to each other and will notice when their friend or companion is no longer there.

You may also get a different order in your pack or herd if one passes away.



I myself have noticed that one animal may react strongly to a loss and another may react more coldly. Every animal processes it in its own way. Yet I personally find it very important that the animals can say goodbye to the now deceased animal. That they can smell it and touch it if necessary.

Some vets can be weird about this, but take your time and do what feels right for you.

The animals that are still with you now can be a great comfort to cope with your own grief. They know better than humans that life is a process of evolution and is about coming and going. They reincarnate and not will be for ever gone. For them, there is no end.

Tip 5

## GIVE ATTENTION TO BEAUTIFUL MEMORIES

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*"You only recognise true love at the moment your animal steps out of your life"*

Having lost an animal does not mean you should shut the door and never open it again. Hiding emotions or memories is a real pity. You have probably experienced plenty of beautiful, fun, sweet and sociable (or frustrating) moments. Try to keep these memories alive and still give your deceased pet some attention every now and then, even if he or she is shining now amongst the stars.



# WHAT DO YOU DO WITH THE BODY AFTER IT PASSED AWAY?

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When an animal is deceased, in many cases you can decide what to do with the body. You can have your animal cremated and collect the ashes so you can put them in an urn or scatter the ashes.

The ceremony can be healing because you intentionally give the ashes back to the earth or you have a special ceremony alone or with some beloved friends.

Sometimes it is possible to bury the body in the garden. For instance, I have been able to bury three horses on my property - which is fortunately allowed in Spain - and for me this is so comforting while walking around my meadow. This way, you always have a beautiful memory at the place where your beloved animal may rest.

Ask your vet what options are available to you.



# SPECIAL STORY

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## OUR DOG JACK

Jack played an important role in the purchase of our house in Southern Spain. Partly because of him we bought the property and we were privileged to adopt him. As a great watchman, he has always made me feel safe and still plays an important role in my Animal Communication courses.

A quote from a course participant who had contact with him: "Wow! Hello dear boy! What a great feeling you give me! And I experience so much wisdom in you. You come very close with your nose, even closer... you touch me, as if you are saying: YOU make contact, you are there for animals, you are there for us, you have a 'mission'. He said that with such rich, broad, intense emphasis and it covered all, the earth and over the rainbow bridge. You move me, Jack. And I suddenly started crying. I really want to be there for all animals! It touched me so deeply for that moment, I just sat and cried... Then Jack wagged his tail, quietly and calmly. Like he was saying: you understood me. And encouraging addressing to me: you can do it.

Jack, what a great message this is for me. I don't know what to say. Jack, you feel like a wise spirit where you are now. A caring guide who welcomes deceased animals at the other side and support them when needed. A canine soul with a mission, right there over the Rainbow Bridge. Beautiful Jack. What else do you want me to know. My heart feels full, immense, warm, purple, bright. That's for Mirjam, tell her that! JACK, WHAT A GREAT CANINE SOUL YOU ARE!!!!"



# FROM EXPERIENCE

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## MARIAN

I had been suffering a tremendous amount of bottled-up emotions after I had to make the decision to put down my cat Yup. Basically because of all the pressure and opinions from other people around me. My cat was sick and physically exhausted. We didn't make time to really say goodbye, though. I did not dare shed my tears and felt guilty after his death.

Mirjam helped me to let go of my guilt, released my emotions and I have made time with my other living cat Bobby. He needs my attention too. I'm so happy I did the consultation where answers were given, my soul and body received Mirjam's healing and got me back on track together with Bobby!



# BOOK

## 'A FINE LINE BETWEEN LIFE AND THE AFTERLIFE'

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It is my mission to give (deceased) animal a voice. I consider animals as great inspirers in our lives, therapists and life companions. This wisdom is also in your animal and it wants to share this with you!

Don't prolong your grieving process and listen to your beloved animal. I will help you rise so that you get more peace and relief from your loss and grief.

Go in depth with my book. It contains many beautiful stories and tips and gives you helpful and practical exercises.

The book comes with angel cards that consists of inspiring texts and comforting insights.

**[Order your book here!](#)**



# HOW CAN I HELP YOU?

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*I connect with your  
animal's soul.*



Do you still have questions about your (deceased) pet? Does grieving stand in your way and want to overcome your unanswered questions to find peace and joy again?

Help heal your broken heart and receive answers to all the questions you are still carrying.

☆ **Order my book** - A fine line between life and the afterlife - a book about saying goodbye and grieving your beloved animal friend.

☆ **Connect with your pet in the afterlife**. Book a consultation.

☆ **Learn how to communicate with animals**. Order your online course here and learn how to communicate telepathically.

# CONTACT DETAILS

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*"Only when we can  
receive with heart  
and soul we can  
give with heart and  
soul"*





**ANIMAL**  
**SOUL ACADEMY**  
MIRJAM DIEPENBROCK