

Grief & Freedom Work

A freedom doula is a skilled and trustworthy space holder. They provide holistic support to individuals and communities navigating significant life events and transitions.

A freedom doula offers emotional, spiritual, and practical guidance which draw from a multitude of therapeutic modalities, cultural practices, skillsets, and personal experiences to help clients process complex emotions, find empowerment, and cultivate healing during times of profound change or loss.

As your freedom doula, it is my honor to create safe & nurturing spaces which allow deeper exploration of your inner world while cultivating acceptance of your unique journey.

About Phoenix

I coined the term “Freedom Doula” in 2020 after witnessing the onslaught of tremendous suffering caused by world events that changed the course of humanity. I felt called to serve humanity by offering healing products and services to address the wounding caused by grief.

A significant aspect of my work involves spiritual midwifery. My spiritual midwifery practice incorporates mythopoetic exercises, dialogic communication, transpersonal & depth psychology to encourage introspection, personal growth, and unfolding.

Ceremony is a cornerstone of my practice as a grief and freedom facilitator. Ceremony is an extremely powerful tool that accelerates transformation by providing a container of true intimacy and tender witnessing.



The Cosmik Playground



You don't have to grieve alone



OFFERINGS

Navigating moments of transition in life are rather challenging experiences for most people. However, these times are often ripe with opportunities for growth & healing. As a grief & freedom doula, I am able to assist you in your process via:

- Reiki (Distance and In Person)
- Aromatherapy Blends
- Vigil Planning
- Life Review Support
- Respite Support
- Grief Processing
- Ceremony Facilitation
- Breathwork
- Spiritual & Emotional Care
- Transpersonal Guided Practices

PRODUCTS



PRICE: \$35/EACH



PRICE: \$25/EACH

CONTACT

Wholeness! I would love to connect with you. For any inquiries, please reach out via the following channels. It is my honor to be of service.



949.373.5771



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[@cosmikplayground](https://www.instagram.com/cosmikplayground)



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