

Your Visit...

We attend to your needs as individuals. No two people have the exact experience here. We offer counseling, meditation instruction, ecotherapies, rituals, yoga, green recreation, groups and more. We base our philosophy on ahimsa, deep compassion for all those who are suffering. We extend that compassion to two legged, four leggeds, winged, finned, and also to the earth. We are honored to be a vegan and sustainable community.



To schedule your visit, go to www.SelahCarefarm.com



Selah Carefarm is located in Northern Arizona and serves those from all around the world and of all ages, religious and non religious background, and all ethnicities who are affected by traumatic grief. Founded by Dr. Joanne Cacciatore, we house up to 40 animals rescued from torture, abuse, and homelessness, combining their care with the tender compassion that all grieving people and families deserve.

www.SelahCarefarm.com



Selah Carefarm

**A therapeutic community
Where grief and love,
Pain and beauty,
Intersect**



Ways to Capture Your Time Here

- Keep a journal of all your sensory/emotional experiences here
- Find a rock to take with you and paint it.
- Write a letter of compassion to leave for another person who comes here. Take a photo of it, or someone else's note, and read it. We will keep the letters in a special place.
- Collect some bits of nature in a jar from places that have meaning.
- If nature or the animals have incited any metaphors about grief, document that in art, writing, or photographs.
- Make a mud heart.
- Write your loved one's name with sticks, leaves, and stones, and take a picture of it. Put the sticks, leaves, and stones in a jar to take with you or make a mandala.
- Write a letter to your loved one in the quiet place, or in the place where you feel most connected, and take it home with you.
- Create an artistic or photographic log of your experience to take home.
- Take an audio recording of your favorite sounds on the Carefarm.
- Find a mantra that reminds you of your time here (e.g. "Be still", "I feel held," or "I am here, now.")



As our time here on the Selah Carefarm closes, we recognize the importance of a gentle transition. The feelings that come so easily here, the love, the grief, the laughter, the longing, each of those feelings are yours. We also understand that our daily lives may not provide the space and nonjudging support that we so need. The practice of authentic emotional expression is one that you are cultivating, and we are here for you as you continue your journey. So here are some grief practices you can take home with you...

- Burn incense or a candle.
- Meditate.
- Create a special place of remembrance in your home, for Carefarm keepsakes.
- Take a walk or go on a hike, try it barefoot! Intentionally remember your time here.

Focus on all your feelings.

- Plant a garden.
- Journal about how your time on the Carefarm has influenced the way you are now feeling grief.
- Recreate a smaller version of your favorite space on the Carefarm.
- Make a list of the 12 most important things you learned about your grief while at the Carefarm. Put them on index cards and

ask people you trust to listen to your story.

- Sponsor an animal with whom you most connected. Visit <https://missfoundation.org/our-carefarm-animals>.
- Create a social media or other fundraiser for the Carefarm to help us help other families like yours, and share about your experience.
- Make a piece of art that reminds you of your most poignant memory at the Carefarm.
- Write a short book, with illustrations, about your time on the Carefarm (send us a copy so we can enjoy it too!).
- Consider becoming a mentor for others experiencing grief. Ask us about this.

