

Dealing with grief, death, loss, break up, separation, sadness, grieving, abandonment.

For releasing & healing the pain of loss, grief, and death of a relationship both physically and emotionally.

Requirements:

- Tissues
- Pillow
- *Optional - Piece of white card and a pen to write them a goodbye letter.
- *Optional - A Song that reminds you of them (or a sad song).

If you have not done one of these before, please consult the [How To Guide](#) before continuing.

- 1) Name the person or being you grieve for.
- 2) What was their relationship with you?
- 3) Picture this person sitting in front of you right now. Describe what they look like. Include hair, eyes, skin color, how they dressed etc. What were their most notable features? Describe them.
- 4) Recall a fond memory of you two. Describe it out loud.
- 5) Recall a not so fond memory of you both. Describe what comes to mind.
- 6) List a few things that you are sorry for. It can be anything. Your actions, circumstances, their actions. Start your sentence each time with, "I'm sorry for..."
- 7) What would you like to say to them if they were here right now?
- 8) *Play their song.* (If you don't have one, choose 'Sleeping at Last - Saturn' or The Rose by Bette Midler or Andrea Bocelli - Con Te Partirò). Listen to it, and as you are listening to it, remember your journey with them. From the first time you met them. To what you did together. To how it ended. Sit and listen and remember.
- 9) Did you see or feel anything worth noting during the song? Describe it.
- 10) Describe the Pain that you feel in not having this being here?
- 11) List things you miss about them..."**I miss...**"
- 12) Ask for Forgiveness for anything...start with ... "**Please forgive me for...**"
- 13) Thank them for all they have done for you, start with... "**I thank you for...**"
- 14) Tell them you love them. Say they their when you repeat this sentence... "**I Love you**

"
- 15) Write a goodbye letter to this person, or say some goodbye words to this person. Let this be it. Leave nothing unsaid. Leave nothing out that you need to be grateful for.
*You can start with, **Dear *their name*, You're not with me anymore...***
- 16) What are you going to do with this letter? Let that be the final goodbye.
- 17) Make a choice now about the next steps for your life in relation to this person. **What are you going to do now that they're gone?**
- 18) Visualization: Picture this person in the space that they are in now. Picture them being incredibly happy, smiling, flourishing at life. Picture yourself their with them. Smiling at

them. Picture you and that person hugging, embracing, feeling that person as you do. You let go. You smile into each others faces again. HUG THEM AGAIN. This time, knowing that this will be the last hug you give them. They start to move away from you. Still facing you smiling. It is sunny. You feel they are happy. When they are quite a distance away, they stop, they turn and look to something you cannot see. They look back at you. You can see this golden halo above their head. You smile again. They wave. You wave back. They keep moving away. Farther and farther. They are now a speck on the horizon. Then you see a little flash of light. They are gone. In your heart, you know it must be this way. You are connected, even though you cannot see them. They are happy and at peace. You will see them again in another time place.

19) Say this 5 times... **"Rest well,**

my _____(love/friend/partner/teacher/child/pet/)_____ etc.".

20) Now, picture a pink bubble wrapped around you. Sending love and healing into your body. The focus of the light turns to your heart, and this pink bubble is pouring healing energy into your heart. Your heart glows with warmth. Say to yourself **"I am healing, I am healed. I miss this person, but all is well in my world as it is"**.

Open eyes. Hug yourself.

21) Say, **"Thank you God for everything."** x3

22) name of person, I LOVE YOU. X3

23) Say anything else now that comes to mind, and let it go.

24) End

