



Love Practices For Grief

- Dance – Compile a playlist of their favorites songs. Meditate before you start and ask your loved one to choose the first song.
- Honor them during a New Moon Ritual
- Play their favorite music at dinner
- Call a predetermined phone number (a family member or friend) and leave a message for them
- Write a poem or story about them or how you feel
- Write a letter to them and mail it to a predetermined address
- Learn about and use oracle cards daily or weekly
- Call on friends and family for conversations, gatherings, rituals that will support your grief
- Set an extra plate for them at holidays, special occasions or on a weeknight
- Visit a Medium, Shaman or a Psychic
- Learn about the power of crystals
- Light candles (always light candles)
- Meditate (always meditate)
- Read books/watch movies they enjoyed or you think they would have enjoyed
- Eat at their favorite restaurants
- Visit the cemetery or a special place they loved. Meditate while you open your heart to them
- Wear their clothes
- Buy a plant they loved (or you love) and create an intention around it and care for it
- Do that secret/special thing you shared
- Talk to them (always talk to them)
- Love them in the non physical

Heal Through Love Life Coaching

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