

Meditation for Healing from Loss

Instructions

This writing meditation will help you stay focused on recovery from your loss. It will reinforce the mindset and the actions necessary to overcome your grief while still remembering and honoring your lost loved one.

Simply copy the following verses by hand in a notebook or journal for about 5 to 10 minutes daily. Any time of the day is fine. You don't have to do the whole meditation in one session. It doesn't matter how far you get each time. Simply write for a few minutes every day. Then the next day, pick up where you left off.

After a few days, notice how your thinking and behavior are changing. It's important to do the exercise consistently. The practice is most effective if it's done every day for several months, along with the mindfulness meditation practice.

It also works best with a daily meditation practice. If you need help in this area, I would recommend our "**Quick Start to Mindfulness Meditation**" CD. It gives you clear and simple instructions, so you can get the most from your meditation practice. You can find out more on our website.

I hope this writing meditation helps you heal from your loss, so you can find peace once again.

Warm regards,

Charles A. Francis

The Mindfulness Meditation Institute

www.MindfulnessMeditationInstitute.org

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I realize that healing from my loss is a natural process that takes time. May I be patient with myself and allow the time necessary to heal. May I grant myself the same compassion I would to another dear one who is grieving.

I realize that I am not alone in my grief, as we all experience loss of loved ones at some time in our lives. I also know that my story can help others heal from their loss. May I find the strength and courage to share my story with them, so they may overcome their grief and find peace.

I realize that it is my responsibility to heal from my loss. May I have the strength and courage to confront my feelings as they arise, and that I acknowledge and accept them. May I have the courage to do whatever is necessary to heal, even if it means reaching out for help.

I am aware of the tremendous healing power of nature. May I find the strength to connect with nature in any way possible. As I walk through nature, I will breathe in the fresh air, enjoy the scenery, and admire the miracle of all of God's creatures.

I am aware that meditation is an invaluable tool for healing. May I take the time to sit quietly and return to the present moment to allow my thoughts and emotions to settle. May I allow my feelings to arise, so that I may transform them.

I am aware that expressing my thoughts and emotions in a healthy manner is essential to my healing. May I find a positive way to express myself, such as sharing my feelings or getting involved in a hobby, such as writing, painting, or music.

I know that I can move forward with my life and still honor the memory of my lost loved one. May I find a new purpose in my life, and make peace with my loss as I carry their memory with me.