

Writing Meditation for Healing

This writing meditation will help you heal from your loss. It will help you stay focused on the healing process, so that you overcome your pain and suffering as quickly as possible. It does this by reprogramming your subconscious mind in a way that is much more effective than simply reading, hearing, or reciting the affirmations. Once you reprogram your mind, you'll put the affirmations into practice without any conscious effort, and this happens rather quickly.

Instructions

Simply copy the following verses by hand in a notebook or journal, every day for about 10 minutes. 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 about 5-10 minutes each day. Then the next day, pick up where you left off.

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

Meditation for Healing

I realize that healing from my loss is a process that will take time and courage. May I have the courage to confront my feelings as they arise, and that I acknowledge and accept them, so that I overcome my grief, and find peace once again.

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

I know that meditation is an invaluable tool for healing. I will take time to sit quietly, and allow my feelings to arise, so that I may heal and transform them.

I am aware of the tremendous healing power of nature. As I practice walking meditation, I will breathe in the fresh air, enjoy the scenery, and admire the miracle of all of God's creatures.

I know that I can move on 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.

I realize that it is my responsibility to heal from my loss. May I have the courage to do whatever is necessary, even if it means reaching out for help.