

GUIDED MEDITATION FOR

Grief & Healing

Find a quiet place where you feel safe and supported.
Sit comfortably, close your eyes if you'd like, and take
a slow, deep breath.

READ ALOUD (OR SILENTLY TO YOURSELF):

I am here. I am breathing. I am safe.

Take another breath in, and as you exhale, imagine
the weight of sadness gently lifting off your shoulders.

**I honor my grief. I allow myself to feel, and I
give myself permission to heal.**

Place your hand over your heart. Notice its steady beat —
proof that love still flows within you.

The love I carry is never lost. It lives on in me.

Take one more deep breath, and as you exhale,
imagine yourself surrounded by light, calm, and comfort.

When you feel ready, open your eyes gently
and carry this calm with you into your day.