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Healing after the Death ...

Start by breathing in deep, and then breathing out slowly, repeating a word over and over each time you exhale. Begin again each time you forget. It's more important to practice a little each day than binge-meditate one or two days a week! 2.

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It's ok, because I always loved you as we are one. I am your heart. You just had to take the time you needed to find yourself back to me and love yourself again. I thank you for coming back home

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to me, your heart. You will still grieve and you will still cry, but don't forget about connecting to me your precious beautiful heart.

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