

Soul at Heart Grief Worksheet 1 - Labyrinth

"What we once enjoyed and deeply loved, we can never lose, for all that we love deeply becomes a part of us." – Helen Keller

Write the name of the loved one lost: _____

Share your favorite memory of him/her: _____

If you could speak to him / her one more time, what would you say?

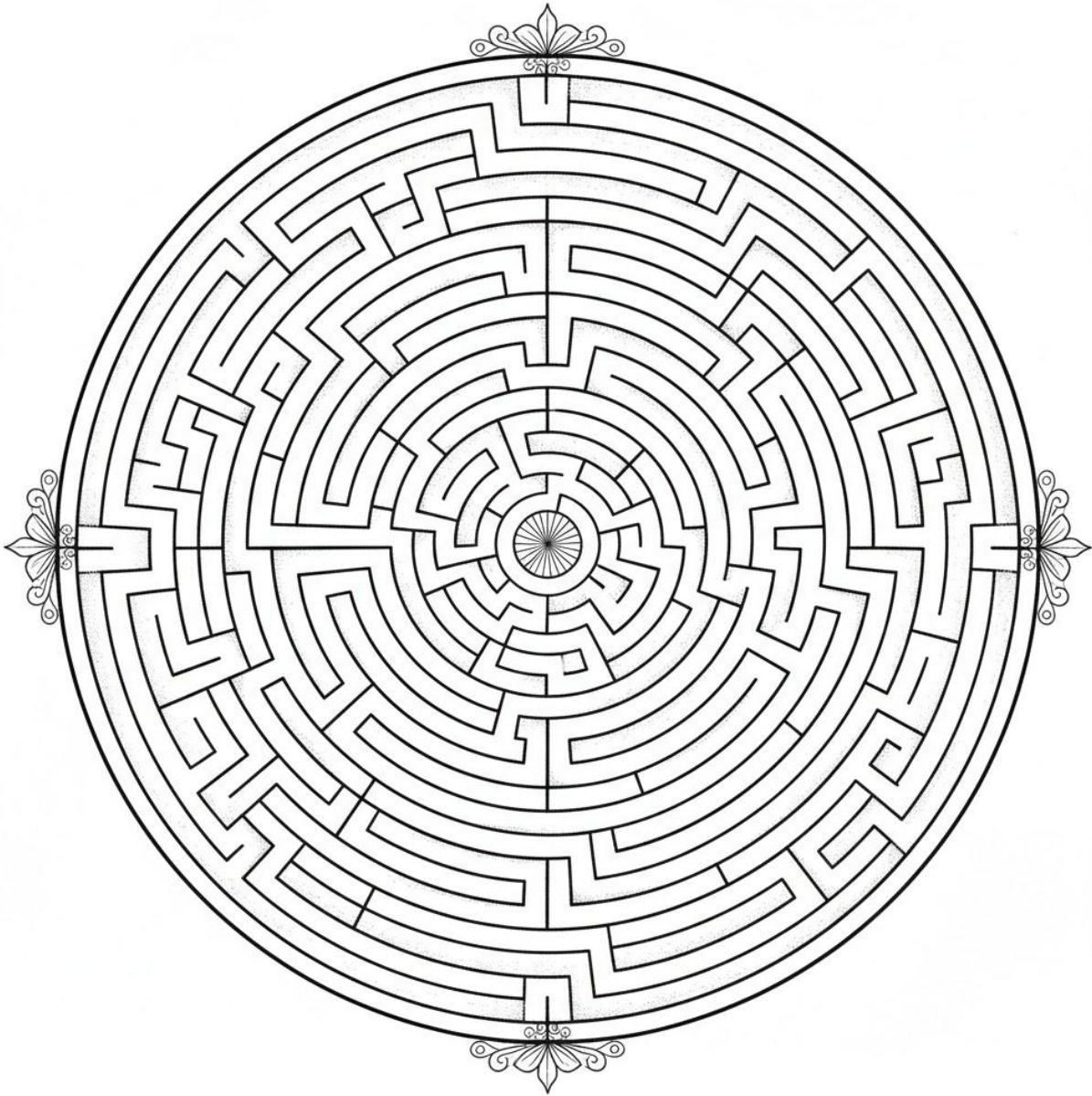
What are some strengths you can rely on during this time?

Internal: _____

External: _____

How can you honor their memory in your own life?

Trace the Labyrinth slowly with your fingertip or marker being fully mindful and aware of the essence of your loved one. Concentrate on your feelings and allow them to release, as if sending them spiritually, as you progress through the maze.



To complete this exercise, share this blessing:

"I/We let you go now in peace, thankful for all you have been, treasuring your eternal love and promising to support and love one another in the coming days and weeks".

Some mourners choose to fold this paper, place it into a fireplace, campfire, or non-flammable container and burn it (*with adult supervision*)--allowing the smoke to rise into the universe just as our souls rise when released from the body.