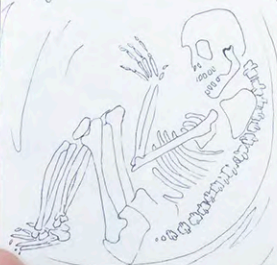


HOW TO SAY
GOODBYE



GRIEF AND MOURNING

THE DEEP COMPLICATED
FEELINGS ASSOCIATED WITH
LOSS

SAYING GOODBYE

ALLOWS ONE TO TURN
INWARD, PROCESS AND
REFLECT ON THE LOSS,
AND ULTIMATELY MOVE
FORWARD



FOUR WAYS TO SAY GOODBYE

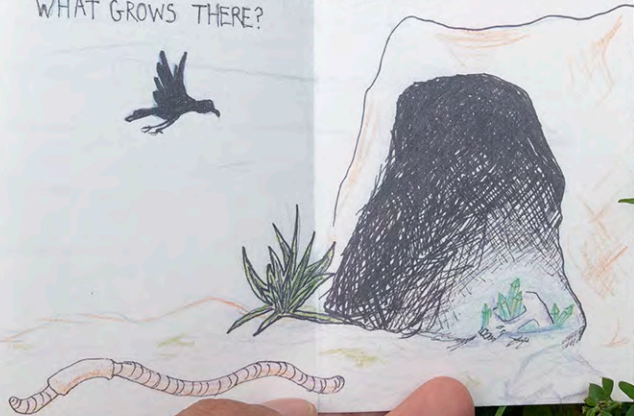
1. KISS THEIR GRAVE OR
ASHES AND SAY GOODBYE
2. STAY AWAKE FOR AT
LEAST 24 HOURS. HALLUCINATE
YOUR LOVED ONE AND SAY
WHAT YOU NEED AND
GO TO SLEEP.
THEN



3. DO A DRAWING OF YOUR LOVED ONE FROM MEMORY.
WRITE DOWN OR DRAW MEMORIES AS THEY COME TO YOU.



4. CLOSE YOUR EYES. IMAGINE YOUR LOVED ONES BODY.
WHERE IS IT? HOW DOES IT DECOMPOSE?
WHAT GROWS THERE?





* GUIDANCE PROVIDED BY A
NON-MEDICAL PROFESSIONAL

-Angela Lopez
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