

# Grief and Loss Meditation

## Objective

To acknowledge and begin to heal your grief through the use of the Grief and Loss Meditation technique.

## What to Know

This 11-minute audio will help you with the healing process.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are struggling with the painful emotions associated with grief and loss.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

## Meditation Script

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Begin by finding a quiet and comfortable space where you can relax without any distractions. Sit or lie down in a comfortable position, allowing your body to settle into a relaxed state. Take a moment to notice your breath, feeling the natural rhythm of inhalation and exhalation.

Close your eyes, place your hands over your heart, and begin to breathe deeply into your stomach. With each breath, breathe in through your nose and out through your mouth. Feel your chest rise and fall below your hands with your breath. If your attention wanders, gently bring it back to your breath.

Now, breathe deeply in through your nose for a count of four, allowing the breath to flow through your lungs and into your stomach. Hold your breath for a count of four, and then slowly exhale through your mouth for a count of eight.

Continue breathing in this manner. With each exhale, feel your body relaxing more deeply.

Now, allow yourself to sense your grief or any other emotion that may come up. Notice where in your body this sensation arises. Welcome the sensation with a sense of curiosity and with compassion for yourself. If you feel judgments about your emotions, gently let them go with the awareness that anything you feel right now is completely natural. Allow all emotions that arise with love and self-compassion. Acknowledge and honor the grief or loss that you are carrying within you. Recognize that it is a natural and valid part of your human experience. Allow yourself to feel the emotions that arise, without judgment or resistance.

Know that no matter how you feel, you are safe, supported, and deeply loved.

Take a deep breath in, and as you exhale, imagine releasing any tension or heaviness associated with your grief. Visualize it flowing out of your body and dissipating into the air. With each breath, imagine yourself becoming lighter and more open to the healing power of this meditation.

Now, bring your attention to the present moment. Focus on the sensation of your breath as it moves in and out of your body. Notice the gentle rise and fall of your chest or the feeling of air passing through your nostrils. Allow this simple act of breathing to anchor you in the present, bringing you into a state of mindfulness.

As you continue to breathe, imagine a warm and comforting light surrounding you. This light represents love, compassion, and healing. Visualize it surrounding your entire being, wrapping you in its soothing embrace. Feel its warmth permeate every cell of your body, bringing you comfort and solace.

Bring to mind a cherished memory of the person or pet you have lost. Recall the details, the emotions, and the love you shared. Allow yourself to fully immerse in this memory, feeling the presence of your loved one and the connection you shared. Embrace the bittersweet nature of this experience, allowing any emotions to surface.

As you hold this memory in your heart, offer yourself compassion and understanding. Acknowledge the pain of your loss and the impact it has had on your life. Remind yourself that it is okay to grieve, and that healing takes time. Be patient with yourself and allow the process of healing to unfold naturally.

Imagine your loved one is standing in front of you, ready to have a conversation. What would you like to tell them? How would you like them to respond? In your mind's eye, spend time together and say what you need to say.

When your conversation is over, know that if you need to see your loved one again, you can return to this safe space. Wish your loved one goodbye for now and allow them to fade from or step out of view.

As your loved one fades from view, once again allow yourself to experience whatever emotion arises without judgment or fear. Visualize drawing that emotion into your heart where it suffuses with the energy of love and compassion.

Now, shift your focus to gratitude. Even in the midst of loss, there are blessings and moments of grace to be found. Reflect on the gifts your loved one brought into your life or the positive experiences you shared. Express gratitude for the time you had together and the lessons you learned

Take a few moments to silently offer your gratitude, allowing the energy of appreciation to fill your heart. With each breath, feel gratitude expanding within you, transforming your grief into a gentle remembrance and appreciation of the love that was present.

Return your attention to your breathing once again. Breathe deeply in through your nose and out through your mouth. As you breathe in, visualize white, loving light entering your body on your breath, moving into your heart and lungs, and flowing throughout your entire body with every beat of your heart. As you exhale through your mouth, visualize your pain, sadness, and painful emotions flowing out with your breath where they are surrounded by the loving light of the universe.

Continue breathing deeply, in through your nose and out through your mouth, noticing any emotions that surface without judgment and releasing them as soon as you are able.

Return your attention to your body now. Notice where your body connects to whatever it is you are sitting or lying on. Begin to make small movements, wiggling your fingers and your toes, followed by larger movements and stretches.

As we come to the end of this meditation, take a final deep breath in, filling your lungs with renewed energy. As you exhale, release any remaining sadness or pain, allowing it to dissipate into the space around you. Know that you can return to this meditation whenever you need to honor your loss.

When you're ready, gently bring your awareness back to the present moment and open your eyes. Carry the warmth, love, and healing energy of this meditation with you as you continue your journey of healing and growth.