



“Love Never Dies”



Instructions: In this exercise, you are invited to write a love letter. ♥ It could be **to someone you;** lost, have conflict with, that you miss very much, want to make amends with, to yourself, or anything that has meaning for you in your heart.



This love letter is an opportunity to express the love that you still feel inside whether someone or a part of you is not here anymore. It's a chance to energetically connect to that love and the continued relationship. When you are done writing, read it out loud (if you can) and place the letter on your altar. The altar is a sacred refuge for your grieving process. Leave the letter there until you feel it's time for something new. You can burn the letter or throw it away. It's highly recommended to do this with love and gratitude for what it has given you. The pain is intimately intertwined with the love. We wouldn't have one without the other.

Find a supportive place where you can be alone to write. Having more quiet, calm, and introspective energy so this exercise can support the heart work you are doing. Maybe near your altar, by a fire, a window, etc. Gather your writing materials. Take a few deep breaths, ground, and center your being. Begin to write when you are ready.

Writing Prompt:

“Dear _____,”

