



Reflection

Lost Dreams

As we move through our sorrow, it becomes very clear that we're flooded with memories about our loved one and the times we shared. Images return accompanied by sweet smiles and salty tears. Soon we come to know that we are also grieving the lost dreams. We're faced with releasing bundles of hopes, milestone occasions, planned events, and shared times that will no longer be realized in the way we had counted on.

A Path to Consider

Name the dreams, the hopes, the plans and for each one send it off with a blown bubble or a puff on a feathery dandelion. Send it off with a blessing.

Re-imagine what dreams are still possible since the death of a loved one.