



## TREASURED MEMORIES

### SHOW AND SHARE

This activity can be planned in advance or enjoyed spontaneously at your Christmas gatherings (virtual or in-person).

If you have a photo or item that brings fond memories of your departed loved one(s), please “show it” and “share” a treasured memory that you have.

If you do not have an item with you, please describe one and share what makes it so memorable. Feel free to be creative!

### \* MEDITATION \*

- **Sit down, put your hand on your heart, close your eyes, and breathe, just breathe, slow down. The breath slows down the busy mind. Losing a loved one is so traumatic no matter the age, changing your life forever. Nurture yourself!**
- **As you sit please bring the most loving memory of the loved one into your heart. Continue to breathe in and out slowly.**
- **When you think of a loving memory, bring in all the senses too. The smells, the FEELINGS, laughter, warm smiles, hugs. See the colors of the memory and even what you may have heard. Recall that life, and the gifts that came with it.**
- **If your mind wanders, gently bring it back with the breath even if you have to say the words I am breathing in... I am breathing out.**

This meditation is designed to slow down the brain, refocusing into the present moment. Try this exercise at home any time you find yourself stuck in second guessing or over analyzing your past decisions. In those moments when you made the decision to do or say what you did, you were reacting from that moment and from the love in your heart.

Meditation taken from <https://www.opentohope.com/you-did-the-best-you-could/>

*Those we love don't go away. They walk beside us every day.  
Unseen, unheard, but always near. So loved, so missed, and so very dear.*