



SIGNS OF FEELING HOPE AND HEALING FROM GRIEF – Reading (Short and Long Versions)

SHORT VERSION

As healing unfolds, we learn to face our loss with courage and compassion.

We grow in awareness, rebuild connection, and care for ourselves with gentleness.

Through forgiveness and trust, peace begins to take root.

Hope guides us forward as love awakens within and around us.

And in gratitude, we share what we have found, so that others may know they are not alone, and that healing is always possible.

LONG VERSION

As we heal, we come to accept our loss with gratitude for the courage to face it.

We grow in awareness of our emotions and learn to express them with honesty and care.

Connection returns — to ourselves, to others, and to life itself.

Through self-care and surrender, we trust the process of healing and honor the time it takes.

We create healthy boundaries, forgive ourselves and others, and find freedom from resentment.

With open hearts, we seek and offer support, awakening the best of our spirit and presence in the world around us.

Hope begins to guide us toward tomorrow, reminding us that healing is possible even within grief.

And in gratitude, we share what we have found, helping others go — and grow — through grief, so that no one heals alone.