

The Stone Collection

Carrying grief is much like hauling around a bag of stones. You don't realize at first when you start collecting, that eventually the weight can be debilitating, sapping your strength and desire to move forward. Sometimes, you just need to release a few to carry on. Write what (or whom) you would like to release within some of the stones below. Then, fill in more words or phrases that describe what you have negative energy around — these can be things about (or outside) the loss of your loved one. If you need more rocks, draw them on the back.

