

The Flame of Forever - Meditation

This parting meditation is to signify the eternity of memory.
In order to establish the parting of a loved one, time is needed to remember.

Take a pure white candle, go outside to a nice peaceful place.
Place the candle in the ground and sit for a while.
Allow memories of your pet to come to the surface.
Breathe deeply so as to feed your emotions

When you feel you have given enough time to their memory and are ready to say your last farewell, light the candle.
The flame of the candle is to signify your pet's undying memory.
The light is to guide them and yourself to peace
Time shared and love passed between many.
Breathe deeply and release the pain.

When the time has come - allow your breath to extinguish the flame.
This is to give your blessing and understanding to your pet's departure.
Everyone who travels with love, travels in peace.