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5 'Musts' for Deep Healing

- 1 - Give yourself permission to feel your feelings.
- 2 - Express your feelings. It's important to get your feelings out.
- 3 - Connect with your loved one every single day. Love lives on and so does your relationship with your loved one, even though they are no longer here physically.
- 4 - Have gratitude. Look at the blessings in your life and the love that was there and all of the people that you have who are supporting you, feeling gratitude is hugely important to get you through.
- 5 - Re-engage with the living. Although you still have a relationship with someone who is no longer here, you also still have relationships with people who still are here. This is hugely important for deep healing.

ASHLEY DAVIS BUSH

 love lives on.com

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