MY SACRED GOODBYE RITUAL

I LOVE YOU

EILEEN DUNN
my beloved soul family,

as we remember
we all return to the Light.

may your journey
know Love.

may your journey
know Peace.

may your journey
reveal your Purpose.
We cannot be at your bedside and our physical separation is gutting me. I have never felt such a tearing of my heart, my soul. I am at a complete loss. My anguish is paralyzing.

You are dying alone. I want to rage against our separation but there is no time. That will come later. What can I do? I intuitively know I can not focus on what I don’t have, the gift of being with you. I have to find another way to create our sacred goodbye NOW. There are no second chances, no do-overs in death. I don’t want to live with regrets or anger over not being able to be there physically. I have to find a way to be energetically at your bedside.

I wonder is it possible to bring sacred energy to the dying process when we are isolated from the people we love, the people we need to HUG? When we can’t be at the bedside of our dying loved one.
I need a plan, for myself, for my family, for my dying loved one.

I go within..

I breathe. I listen. I must tap into this new reality of separation. I know the sooner I accept this, the sooner I can come up with a plan. We have one chance to create our sacred goodbye. We've never had to do it this way, with so many miles separating us from each other.

But, there is such a strong connection between all of us and so much love, we will find a way.

I need to create a ritual.
Rituals are as unique as the people creating them. People have different personalities, different spiritual beliefs. Some people like traditional rituals, other people like impromptu ones.

Our intention is for you to create a meaningful and sacred ritual for YOU.

Most rituals are energetically similar in their creation. We set the tone, bring in texture to the experience, and tap into the divine unfolding of love and grace.

We find our rhythm.
SETTING THE TONE

Setting the tone is bringing in that which you cannot hold in your hand. Songs set the tone, the scent from the essential oils, the lighting in the room, the words you use, etc.

BRINGING IN TEXTURE

The texture is that which you can hold in your hand. How will you play your music? What exact essential oils will you diffuse? Will you use LED candles or real ones? What photographs will you bring to your ritual?

FINDING MY RHYTHM

Finding my rhythm happens when you tap into your personal pace of your inner process. Your heart, mind, and spirit unify to fulfill your intention.

You are imprinted with wisdom, guidance, and grace.
SOME IDEAS TO GET YOU STARTED

Your Space

Song Suggestions

Matching Breaths

Sending Love
Sending Light
Make sure your room is a comfortable temperature, you are fed, and have lots of water near you.

Fill your room with meaningful and comforting items.

- Wear comfortable clothes, be as comfortable as possible
- Room is comfortable temperature, soft lighting
- Have photos of your dying loved one, family members, yourself
- Meaningful music. Put thought into this, what music touches your soul?
- Shawl. Perhaps a prayer shawl or one that makes you feel comfortable.
- Have plenty of water, hydrate often.
- Have plenty of tissues.
- Candles, real or LED
- Figures of deity, meaningful to you
- Rosary
- Prayer beads
- Prayers, traditional or from your heart
- Art
- Poems. Either ones you have written or that you love.
- Invite your beloved pet if this is appropriate. (if your pet brings you comfort and does not distract you)
- Yoga mat
- Essential oils (some suggestions) sandlewood, ylang ylang, rose
Essential oils work on the limbic center of the brain, the emotional center.

Memories are triggered when you work with the oils, also referred to as “liquid light”.

Essential oils take you to a sacred, silent space.

The oils bring a sense of stillness, they bring a sense of peace.

The oils balance your body, mind, and spirit.

All in a moment, all in a smell.
BEFORE HAND
CHOOSE SONGS TO SET THE TONE

When I'm Gone by Jory/Rory
Heaven Needed a Hero Jo De Messina
Go Rest High On That Mountain Vince Gill/Patty Loveless

Angel Sarah McLachlan
Guiding Light Donna Taggart
Jealous of the Angels Donna Taggart

The Rose Bette Midler
Wind Beneath My Feet Bette Midler
Dancing With the Angels Mark Neagle

The Dance Garth Brooks
You Can Close Your Eyes James Taylor
Be Not Afraid John Michael Talnot

Hallelujah Jeff Buckley
Angels Calling The Tenors
If I Could Be Where You Are Enya

Amazing Grace
Candle In the Wind John Elton
You Raise Me Up Josh Groban

Bagpipes (so many beautiful songs)
Traditional religious music

Your favorite music
SENDING/RECEIVING LOVE AND LIGHT

You quiet your mind as you invoke your intention and visualize Light overflowing from your heart, connecting with your loved one.

Heart-to-heart.

When you take deep, even breaths, begin to feel the warmth in your heart.

This feeling is your heart opening as you send love and light, as you receive love and light.

Sit within this warmth for a comfortable amount of time.

Visulize and connect with your dying loved one.

Call their image into your soul.

Soul-to-soul.

See in your mind's eye a pulsating beam of light traveling between your two hearts.

Heart-to-heart, soul-to-soul.

Spend time in this space of true connection and prayer.
MATCHING BREATH, MERGING HEARTS

Even when you are not in the room,
you can energetically match your breathing with your loved one’s breath.

From your essence, feel your energy flowing through your hands, your heart, and your soul.

Inhale (1,2,3,4,5)
Exhale (1,2,3,4,5)

Inhale (1,2,3,4,5)
Exhale (1,2,3,4,5)

Quiet your mental chatter.
Let go of stress in your body.
Feel your body soften.

Connect heart-to-heart with your loved one.

Inhale (1,2,3,4,5)
Exhale (1,2,3,4,5)

Inhale (1,2,3,4,5)
Exhale (1,2,3,4,5)

Connect soul-to-soul with your loved one.
Continue to bring your loved one to your mind and heart.

See her clearly.

Feel the circuit of energy you are a part of.

Giving - Receiving.
Giving - Receiving.

Even across the miles you are helping your loved one in the letting go process,

as they let go of this dimension, as they let go of all that they know and go into the arms of the Source of Life.

Match your breath.
Match your breath.

Inhale.
Exhale.
INNER WORLD

We have talked about an energetic framework for rituals.

Set the tone, bring in texture, and find your rhythm.

Now let's delve deep into an energy process with the intention of energetically getting you to your loved one, even across the miles.

I'll walk you through what an inner process may look like. I'll walk you through what an inner journey may look like.

Your Inner Process

preparing hurting awakening receiving trusting expanding oneness
YOUR INNER JOURNEY

SETTING THE TONE       BRINGING IN TEXTURE       FINDING MY RHYTHM

MY GOODBYE RITUAL INNER PROCESS

preparing hurting awakening receiving trusting expanding oneness
Create your framework

Setting the tone
Bringing in texture
Finding my rhythm

to bring safety and love to your process

Preparing
Hurting
Awakening
Receiving
Trusting
Expanding
Oneness

as you say goodbye to your loved one
MY SACRED GOODBYE RITUAL
PREPARING

I find a quiet space. I light a candle and put on some music. The music touches my soul, it is so beautiful. I have put pictures around and I am diffusing essential oils. I feel very anxious. I am taking shallow breaths.

I spend time in this space. I am so SAD that I can hardly breathe. Anquish fills me. I am so lost without you.

I light my candle and play

**If I Could Be Where You Are** by Enya
**Hallelujah** by Jeff Buckley
**Angel’s Calling** by The Tenors

I read out loud some poetry I have written about my loved one. I send Light and Love.

I imagine my breathing matching hers. I know she is only a breath away.

Spend as much time as you need to prepare yourself to say goodbye.

Do not rush.

Is there music you would like to listen to? Is there anything you would like to read/speak?

Keep breathing.
PREPARING

Why?
But, why?

Why?
Why?
Why?
Why?

Why do you have to go?
HURTING

Your process is deepening.

I give myself permission to accept your approaching death.

I can barely breathe. I was fighting so hard against the reality of your death, that I am devastated when I accept this reality.

I have let go of my hope and denial.

I find myself in a fetal position on the floor.

Everything is pain and darkness.

I am sobbing. I am cold.

So much pain. Waves upon waves of anguish fill me. It seems as if I can't take another breath. I am panicking at the thought of being on Earth without you.

Who will catch me when I fall?
In this sacred space, feel your emotions, your pain, anguish, panic, fear.


The goodbye process is tremendously painful. Even if you are on the floor in a fetal position, give yourself the space and time to feel your emotions.

Don't run. Feel.

Your earthly dreams are shattering, your loved one will not be on the planet much longer. This realization will be one of the most difficult moments you will ever breathe through.
HURTING

I never knew
I could cry so much.

I never knew
I could feel so deeply.

I never knew how
anguish felt.
AWAKENING

I need you. I need you. I need you.

A lifetime of memories fill me. I do not know how to do life on Earth without you.

The waves continue. More and more memories and despair.

I stay in this pain for a long time. I am sobbing. I can hardly breathe.

I play Please Don’t Go (Stephanie Raine).

Then, ever so gently, I feel an inner shift. Something is happening. I find myself in a space of inner quiet, inner peace.

I didn’t force this space, I found myself there.

I tap into our connection.

I tap into our love.

I tap into eternity.

You are truly experiencing your inner world. Observe. Be mindful. You will discover your quiet space within.

It’s the core/essence of who you are.
AWAKENING

The mystery of life unfolding
leads me to this moment,
the mystery of death unfolding.
RECEIVING

Our love knows no limit of time or space boundaries. I am eternally connected with you.

I will always find you.

An inner whispering tells me,
Now is the time to connect heart-to-heart,
you share a sacred bond.

Let go of fighting this approaching death.
Let go of desiring to physically be in the room.
Let go of needing to know how exactly to do this.

Love will get you there.

Stay in your feelings of love and connection. Receive the love and grace that surrounds you. Let every cell of your being receive this gift. There are no words, it's a tapping into the highest vibration on the planet.
There is a peace filling me.

I am moving toward acceptance.

I love you, that’s what I know.

I’ll cling to that.
It's time to "ride the energy" into the room and go to your loved one's bedside. Surrender to the energy, let go of any need to control what is happening. Trust. This is the moment that you grow beyond your physical senses and energetically go to your loved one. You are dissolving any sense of separation. This is your moment to be your brightest light, to dissolve all barriers and boundaries. To know - without one cell of doubt - you are totally connected with your loved one - and she is no longer alone in the room.

See her in your mind.
Hear her voice,
feel her energy.

Be, in the moment, be.

Shift your awareness to your inner world.
Trust your soul connection, your eternal connection.

Envision yourself at her bedside.
Keep breathing.
Send her messages, "I am here."
"Trust the process," I hear from somewhere deep within me. I am falling and riding the energy at the same time.

I have never come close to experiencing anything like this on earth.

I find myself in Another Place, a place surrounded in gentleness. A place of pure peace, a place of pure love.

Surrender. Stay present.

There is no where on Earth you would rather be.
TRUSTING

This moment is one I share with you.

This present holds such importance - such meaning.

I treasure this moment with you.
EXPANDING

You are at the bedside. Trust your heart, listen to your soul. Your connection with your loved one is eternal and crosses all time and space boundaries.

She sees me! She recognizes me.

I know she feels my presence, I can feel this with every cell of my being. She knows I am with her.

I tell her how much I love her and that she has made me a better human being.

I tell her I am sorry for some past situations and I ask for her forgiveness.

I tell her how deeply I will miss her.

My heart is breaking as I energetically hold her hand and look into her eyes. I give myself permission to let her go. I cannot ask her to stay on Earth any longer.

She is suffering.

Her final breath is coming. I match my breathing with hers.
Are you ready to give yourself permission to let your loved one leave the planet?

Are you ready to give your loved one permission to let go of their physical life?

It's time to say goodbye.

It's time to let go.

The last breath is coming.

She is leaving the planet.
EXPANDING

I don’t want you
to suffer anymore.

The time is
nearing for you
to enter the next realm.

With a heavy heart,
I let you go.
ONENESS

My angels are working overtime to get me through this. This I know because when I get very quiet, I hear them gently whispering.

I feel them sending me love, and, somehow I am able to keep breathing.

I give her permission to follow the Light and let go. "Go to the Light. Go to the Light. We will be okay."

These are words that I thought I could never speak.

She has taken her last breath on earth. Her energy/spirit has ascended.

There are no words for me to speak at this moment.

Each death is unique. Each goodbye is unique.

Feel the arms of so many around you.
ONENESS

They speak of the Light,
the warm, safe,
loving Light.

When you see the Light, go.

Go toward the warmth.
Go toward the Love.

Be at peace,
I let you go.
MY SACRED GOODBYE RITUAL

PREPARING
Setting the tone
Bringing in texture
Finding my rhythm

HURTING
Emotions are sacred
Fall into the abyss
Keep breathing

AWAKENING
A space of inner quiet will find you
Stay in this space as long as you need
Tap into your eternal connection

RECEIVING
Let go of fighting this death
Feel the love/grace surrounding you
KNOW you share a sacred energy bond

TRUSTING
KNOW you will get in the room
Trust - surrender - ride the energy
Dissolve all barriers and boundaries

EXPANDING
Energetically BE at the bedside
Give yourself permission to let go
Give your loved one permission to let go

ONENESS
Feel the arms of so many around you
MY BELOVED SOUL FAMILY,

MY HEART IS WITH YOU.

IN GENTLENESS,
EILEEN

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