

Happy 2015  
to my friends!



Are you starting this year without a special loved one, who has died? Here's something to empower you.

**FEEL.** Be still for a few moments. Breathe. Go within your heart to feel connected with your loved one.



**ASK.** "What do you want for me to experience this coming year?"

In this heart draw a picture of what your loved one wants for you.

