



Earth sustains all beings. Then, after our bodily lives are through, we return to it, just as our animal companions do. Contemplating the Earth reminds us that we are all interconnected. And, we can remember that just as the seasons of the planet change, so do the seasons of our lives. We can recall the time we spent with our animal companion with fondness and delight. We can honor the time our loved one spent with us on the Earth. And, perhaps, we can speak to them from here to wherever they are in the *What's Next*.
Earth grounds us. It brings balance. It supports us, always.

BREATHE



Sit comfortably, ideally outside. Breathe naturally. Imagine that a line of energy runs through you through all the layers that seemingly separate you from the center of the Earth. Imagine this line connects you to your lost animal companion.

CONNECT



Share how you are feeling, either silently or aloud. For example, say: *I miss you, beloved one. Please come to me in my dreams or surprise me with little signs during the days. Help me remember to be tender with myself during this life-changing loss.* Now, observe any support you may feel, through a gentle breeze or the song of a bird. Say: *I am okay. It may not feel like it right now, but I am always supported by the Earth.*

REMEMBER



Wearing the black ribbon from your kit. It's a widely understood sign that you are in mourning after the loss of a loved one. And it might help others understand that you need support during this period.