


IN LOVING MEMORY CARDS



“Losing someone you
love is life changing
and leaves a
permanent void in
your life”



GRIEVING IS A
NORMAL
RESPONSE TO
LOSING
SOMEONE YOU
LOVE



How it all started.....

The first Mother's day without my mum was one of the most painful days of my life. I woke up that morning without a mother to call on Mother's Day. I felt lost, empty and so alone. I was heartbroken.

I sat at the kitchen bench and wrote my mother a letter in heaven. Later that morning I went to a party shop and put my letter into a helium balloon and drove to the beach to release it. After a little prayer to my mum, I released the balloon with the intention that my mum would receive my letter in heaven.

After 4 years of doing the same ritual, I discovered that helium balloons are bad for our environment and most of them end up in our oceans. I needed to change my ritual. As a woman who honours our Earth Mother, I wanted to involve her. Then one day out of the blue, the card idea hit me like a tonne of bricks.

After a few weeks I began purchasing all of the tools I needed to make the cards. I then did a card making workshop (I loved the workshop) and learnt some valuable skills.

I have made our dining table my permanent card making table (I call it my organised mess). Each time I sit to make cards, it's an absolute pleasure. I get to tap into my creative side and to practice the art of mindfulness. Each **IN LOVING MEMORY CARD** I make comes from a loving space. My hope is that the cards bring healing and love to the person writing the card and our loved ones in heaven.

And that's how it all started.

*"In Loving Memory Cards"
Are Handmade*



Rituals.....

The dictionary definition of a ritual is a religious or solemn ceremony consisting of a series of actions performed according to a prescribed order.

I prefer to see a ritual as an act of love that is performed to bring about healing. It's a simple way of expressing ourselves through action. It is an act of love.

All cards are biodegradable

A little ritual

1. PURCHASE THE CARD
2. WRITE A MESSAGE OR LETTER TO YOUR LOVED ONE IN HEAVEN
3. DIG A HOLE IN THE EARTH (GARDEN) AND BURY THE CARD
4. LIGHT A CANDLE
5. SAY A PRAYER OR PLAY/SING A SONG
6. MAKE A ROCK FORMATION ON TOP OF THE BURIED CARD



Grief hurts so much.....

Yet it is so misunderstood. It is socially isolating and leaves so many of us dealing with the aftermath of loss alone. We cry alone. We sit alone. We think alone. We are alone. We process our grief alone. We try and make sense of the overwhelming feelings that swirl in our body all day long. We get lost in our grief. I know exactly how this feels, because it has been my own personal experience.

The **IN LOVING MEMORY CARDS** are a way of participating in a ritual or ceremony to express the overwhelming emotions that live inside us.

The cards let us communicate our pain through words and symbolically express our love through the action of ritual (the burial of the card).

It's all about LOVE.....



All IN LOVING MEMORY CARDS are Handmade



A ritual that supports our Earth Mother.....

Our homeland Earth is often being stripped of trees to make way for homes and large plantations of mass produced palms that destroy our forests and our wildlife. This simple **IN LOVING MEMORY CARDS** ritual promotes the planting of a tree or shrub in support of our Earth Mother (our homeland).

All cards are biodegradable





How it all works (the intuitive experience).....

Once you have ordered the card, I will choose your card intuitively.

The reason for doing this, is that each card has its own unique design symbolising that every loved one/connection is unique, therefore I will personalise and make one just for you.

Most of the cards are blank inside so there is plenty of room for you to write your letter or message to your loved one in heaven.

I make cards for:

Mum - Dad - Brother - Sister - Wife - Husband -
Son - Daughter - Aunty - Uncle - Grandmother -
Grandfather - Friend





IN LOVING MEMORY CARDS can be used for.....

The birthday of the deceased

Death anniversary date

Christmas

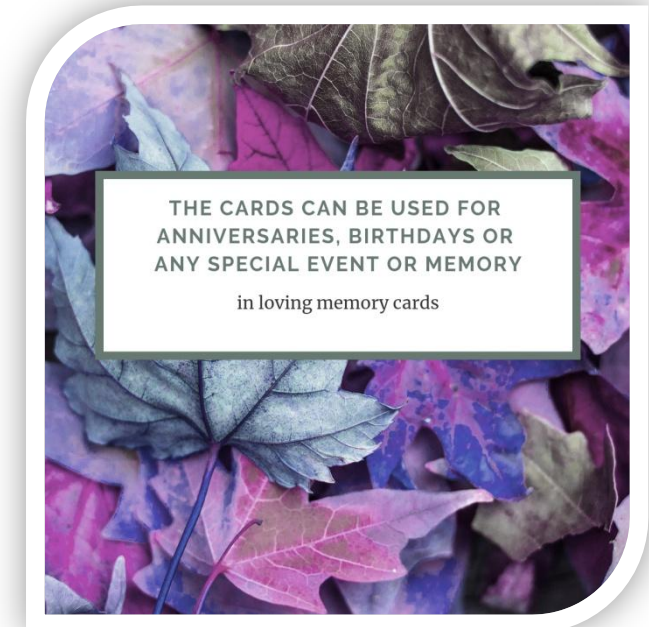
Easter

Mother's Day/Father's Day

Memorial Ceremonies/Annual Remembrance Events

Any Memory that you wish

(The cards can also be a gift idea for someone who is grieving a loss)





Memorial Tree Ideas.....

<https://www.theimpatientgardener.com/how-to-choose-memorial-tree/>

Here are a few trees and shrubs suggestions that you might choose to plant above your card

- Lilac
- Pagoda dogwood
- Magnolia (Consider in particular, smaller growing magnolias such as the “Little Girls” series, which includes ‘Jane’, ‘Ann’, ‘Betty’ and others, or something like ‘Butterflies’ with its pale yellow flowers)
- Redbud
- Crabapple
- Japanese tree lilac
- Japanese maple (be particularly careful with this as some can be very tricky to grow)
- Serviceberry (Amelanchier)
- Hydrangea



White Lilac



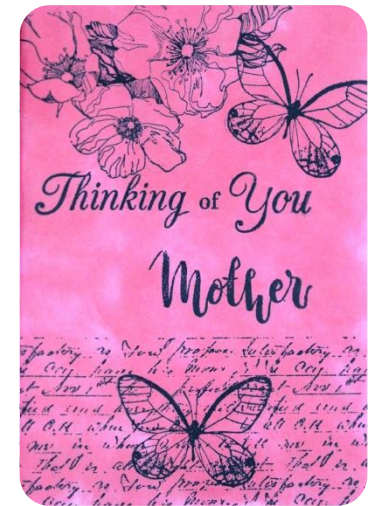
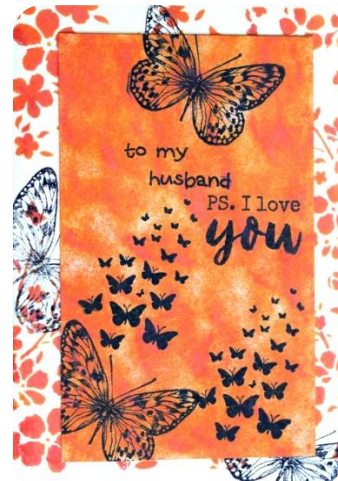
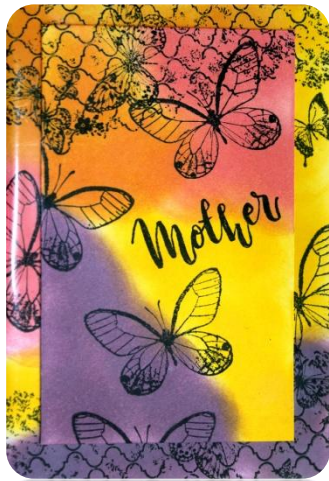
Pagoda dogwood



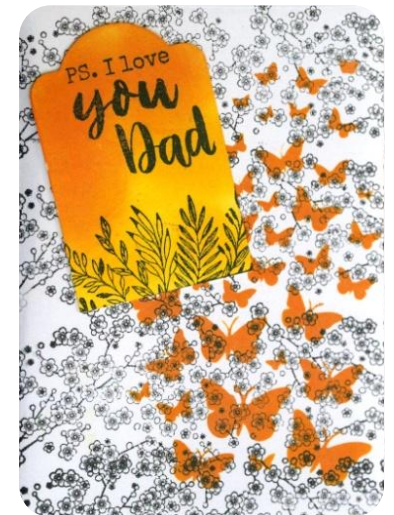
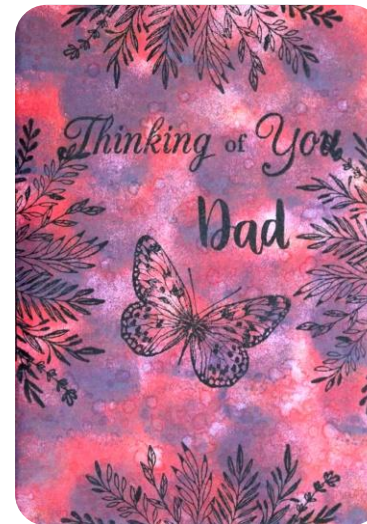
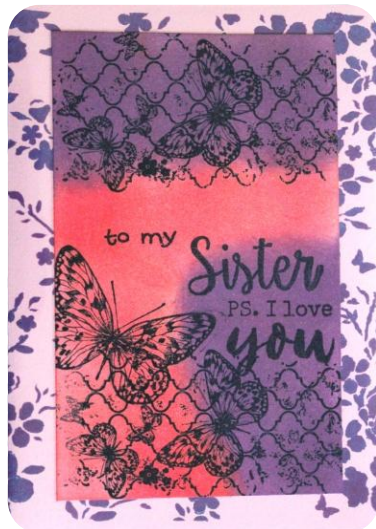
Magnolia



Hydrangea



Just a few card designs.....





Just a little bit about me.....



I have been a counsellor/therapist for 15 years working with men, women and couples. I have also been facilitating women's meditation classes for 12 years. After losing my mother to pancreatic cancer 48 days after her formal diagnosis in 2013, my life fell apart around me. I was lost in grief for such a long time. It's taken 5 years to feel somewhat normal again. Grief has changed me in a way that I can never be the same person again.

My grief has inspired me to help others speak of the pain of losing someone they love. I'm tired of watching people's grief be silenced. No more silencing. It's time for speaking and expressing our grief, loss and pain.

I published my first book *"Dear Mum in Heaven"* in March 2018. It's a memoir about a journey of great love that meets great sorrow and the strong bond between my mother and I. A love so intense that when my mother dies, my heart is forever broken. The book was the beginning of my journey in helping people express their grief, loss and pain. Our grief and loss is worthy of being heard and expressed and that's why I was given the inspiration to create IN LOVING MEMORY CARDS.... to help others express their inner feelings using ritual or ceremonial symbolism. There is a power in ritual or ceremonial symbolism. It's the honouring of someone special.

Where to buy your cards.....

The cards can be purchased online at www.hih.net.au

If you have any questions about the IN LOVING MEMORY CARDS then send me an email at bernadette@hih.net.au