

## **A love letter from those who have passed on...**

by Tahlia Hunter

Take the LOVE you have for me  
And radiate it outwards  
Allowing it to touch and impact others

Take the MEMORY you have of me  
And use it as a source of inspiration  
To live fully, meaningfully, and intentionally.

Take the IMAGE you have of me in your mind And allow it to fuel you  
To take action  
Seize the day  
And be reminded of what is most important in life

Take the care you have for me  
And let it remind you  
To care for yourself fully  
And shower yourself with your own love.

And take the pain and grief you feel  
Following my loss  
And alchemize it into  
Love, compassion, and beauty

Build a castle  
From the wreckage of my passing

And allow it to unlock your greatness and potential  
And empower you to become more than you ever  
thought you were capable of being.

And know that I can never truly leave you  
And will always remain beside you  
Watching over you in spirit  
And that the LOVE I have for you lives on  
Through the connections you form  
The kindness and compassion you share  
And the future relationships and friendships you cultivate.

And until we are one day reunited  
I will remain with you  
Through the storms and chaos of life  
And am always beside you  
Walking with you, laughing with you, crying with you, and smiling with you

And I am proud of you for being strong  
I am proud of you for being brave  
And I am proud of you for being you