

Be With Melinda

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Grief & Forgiveness Meditations Menu

Free

Forgiveness Reset: A 2-Minute Practice

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A gentle Ho‘oponopono reset to release heaviness and return to balance.

Grief Is Love: A 4-Minute Reset for the Heart

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A tender pause to meet grief with gentleness and restore yourself through breath.

Plus

Grief as Sacred Remembrance (10 min)

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Honor grief as love transformed, remembering what was lost and still lives within.

Forgiveness Practice with Ho‘oponopono: Healing Through Love (12 min)

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A deeper forgiveness meditation using the four healing phrases to open peace within.

Discover more at MelindaBernstein.com