

Today I symbolically release your beautiful spirit, to a place where there's no sadness only happiness, asking you to watch over me in a much larger way.

Today I symbolically release your beautiful body, to be in a place where all is well. To run free, to be as you were, in a place where there's no age and no sickness.

Today while I symbolically release you and your spirit, know I will always hold your love and your presence close to my heart. I will cherish the time we had. I promise to remember the lessons you taught me, the memories we shared, and to honor your presence as the gift it was.

Today I give my heart permission to grieve and to mourn for you. This chapter in life we shared will always have your name on it, held tightly as a part of my life story.

And, today, I thank you. I thank you for your unconditional love, your forgiveness, and the memories. As with these bubbles that we symbolically release, life is fragile. These bubbles are not meant to be held forever but represent the same beautiful yet brief time we too shared together.

Rest in peace, my beloved, as I symbolically honor you in this bubble release.

