

Guided Meditation on Loss (For Abortion or Adoption, or may be adapted to other losses)

Loss or grief are associated with abortion or adoption for many women. For some it may be mild. For others it may be deep. Yet our society has no formal way to get support from others or get recognition for our feelings. You may even wonder if you have a right to be supported. After all, you may think, "It was my choice."

If you are having any of those thoughts, take a moment to remember how the process of deciding what to do with a pregnancy has been for you. Can you have compassion for yourself and appreciate the love and care with which you have made this decision? You deserve understanding and comfort no matter what your choice.

This guided imagery is designed to help you recognize what losses you may be feeling, and to release them gently.

On Loss

Begin by getting comfortable -- lie down if you can, or at least have your head supported. Breathe deeply and slowly. Notice your breathing -- inhaling and exhaling. No need to change it.

As you breathe in, know that you breathe in everything you need to release your losses. As you breathe out, let go of anything you don't need for this process. Notice how each breath helps you relax even more deeply. Notice how your body is resting comfortably and peacefully against the soft cushion beneath you. It is good to know that each sensation in your body helps you in becoming even more relaxed and peaceful.

Imagine a beautiful light surrounding your feet. It moves gently and gradually up and through your body and out the top of your head, leaving you feeling safe, secure, centered, and with a sense of well-being. Take your time. That's good. (pause) Imagine now that you find yourself in a beautiful place in nature. It may be a favorite or familiar place, or it may be a place you've never been before. Begin now to have a sense of this beautiful place.

Notice what you see or sense around you and how it feels to be here. Know that this is your own special place. Allow the sensations of being in this beautiful setting to fill your body with a joy and peace you may not have felt for some time. Just for this time allow yourself to sink deep into that peace. (pause) That's good.

Notice a path in front of you in this beautiful place, and begin to walk down the path. After walking a short way down the path it is easy to see a clearing with a campfire. Sit down in a comfortable place. Notice the sounds and smells around you.

Allow yourself to bring to mind what you have lost in this process of making this decision. You may have lost your innocence, or a relationship. That's important to you. You may have lost trust in yourself or someone else. You may have lost the experience of yourself as a mother. You may have lost the child you chose not to have. Allow yourself to feel these losses.

Reach out and find a basket next to you. Look around this beautiful clearing and find an object that represents each of your losses. Leave the loss of the potential child for last. A loss may be represented by a feather, a stone, a branch, a flower, a leaf, or any other object you can imagine or sense around you.

Place each object into the basket. As you do that, consider each loss one by one. Take a moment to speak to each object. What is the gift that came with each loss? What are you grateful for? Allow yourself to say goodbye and find a way to let go of each.

You may bury the object and return it to the earth
You may burn the object and allow it to return to the sky.
You may place the object into the river and allow the current to take it downstream.
You may find another way.

Release each object in your basket in whatever way is best for you.

Now turn and allow yourself to sense the child you will not have. (pause) See the child as you imagine it might be. Is it a boy or a girl? What color hair and eyes does this child have?
Feel warmth as the child takes your hand. Begin to walk down the path. Feel the sun, and hear the sounds as you walk. You look down and smile. The child smiles back and you feel perfect trust between you.

You begin to speak and realize that the child understands you without words. If you need to, ask this child for forgiveness for not being able to mother this child. (pause)

Listen with your heart for forgiveness. (pause)

As you come to the end of the path, sit down in the grass and take the child into your arms.

Beside you are three gifts for this spirit child.

The first gift is a symbol of your love -- give it to the child. (pause)

The second gift is a symbol of protection -- give it to the child.

The last gift is for strength -- give this gift to the child.

Now hold your hands out and accept a gift from the child. It is a gift that symbolizes acceptance and forgiveness. Take this gift and place it into your heart where you can keep it forever. Now tell the child anything else you want to say. Feel the child communicate its feelings to you, heart to heart. (pause)

Now it is time to say goodbye. Open your arms and allow the child to stand and to begin to walk away from you. Then the child turns and waves goodbye. You wave goodbye, and a blessing passes between you. The child turns again and walks down the path and slowly disappears into a bright, white light. (pause)

Feel yourself releasing the spirit of the child. When you feel complete, allow the peace to return. Touch your heart and remember the gift you have received. Gently open your eyes and sit quietly until you are ready to leave this state of relaxation and imagination. It is good to know that you can return to this beautiful place in nature any time you want to complete your healing, and you can touch your heart at any time to feel the sense of peace and wholeness you created.

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