

# Wise Elder Love Wisdom ~ Project 3

## The Gift of Honoring

Have you ever attended a funeral and heard some very wonderful things about the person who just passed away, and wondered gosh did they ever hear this in their life? Making deference with our honored seniors, our parents and grandparents can make a world of difference for them and also for you. By the way this works with kids too!

## Instructions for writing a love letter to a family member

1. Think of this as a tribute, take some time to ponder the persons contributions to family friend, how they inspired and loved. Sketch out and outline of main validation points you feel are poignant and will resonate as pure truth so they can experience the joy of being seen.
2. Write a first draft of your love letter and read it aloud to yourself, what did you miss, how could you phrase it better? Then make a second draft, with the improvements.
3. At this point the love letter may be good to go or you may find more you want to add.
4. If you are letting it percolate (meaning you want a little time to go by so capture everything you want to share with them) make a date by when you will send the final version.
5. Purchase a pretty envelope, or decorate one, and consider whether to hand write or do a nice computer print, it's super wonderful to get a hand written letter, but if your hand writing is challenging to read I encourage you to use your computer and select a nice type font.
6. Put it together and send or deliver in person.
7. This is an exercise of generosity, how many stories can you share with them that reflect the individuals greatness, how much genuine love and appreciation can you imbue in the love letter?
8. Once one is done start on the next letter to the next person you can validate. A good practice is to create and send one of these love letters every 3 months.