

Held in Love

A GUIDE TO SPIRITUALLY
CONNECT WITH THOSE WE
LOST AND MISS DURING
THE HOLIDAYS

By Kerry Clancey



Love Never Leaves Us

Introduction

The holiday season is a time of togetherness, but it can also bring a bittersweet longing for those we've loved and lost. The glow of lights, the sound of carols, and the bustle of holiday preparations often remind us of their absence. Yet, I've come to learn that love transcends time and space. Even when someone is no longer with us physically, their essence and love remain close.

This guide is for anyone who feels that ache of missing someone this holiday season. Through meditation, breathwork, and affirmations, you can find moments of calm amidst the chaos and feel the presence of love that surrounds you, both from within and from the universe. Together, let's journey inward to honor their memory and feel their light once again.

love

Grief is love that
hasn't found its next
expression. Let it flow;
let it guide you back to
the light of gratitude.

01

Connecting with Your Lost Loved One on a Cellular Level

When we miss someone deeply, the connection we feel isn't just emotional—it's imprinted within us, down to a cellular level. Through grounding breathwork, we can tune into this bond, finding a sense of calm and closeness to the ones we hold dear.

By Kerry Clancey



Practicing this breathwork can help you feel grounded in the present moment while embracing the bond you share with your loved one, a connection that transcends time and space.

Affirmation

“I am deeply connected to my loved one. Their love flows through me in every breath.”



01

Find a quiet place where you can sit or lie comfortably.

02

Close your eyes and place both hands gently on your belly.

03

Inhale deeply through your nose for a count of four, feeling your belly rise, imagining their love filling every part of you.





04

Exhale slowly through your mouth for a count of six, feeling your body soften and relax.

05

With each breath, visualize their essence as a soothing energy flowing through you, connecting you on a cellular level.



06

Repeat this cycle for five minutes, allowing this connection to bring you peace.

02

A woman with long, wavy red hair is sitting in a field of dry grass and small flowers. She is wearing a white, lace-trimmed cardigan over a patterned dress. The sun is low in the sky, creating a warm, golden glow and long shadows. The background shows rolling hills under a soft sky.

Light Meditation: Feeling Their Love Surround You

By Kerry Clancey



When I miss someone, I often visualize their love as a warm, radiant light. This meditation helps you connect with the energy of those you've lost, feeling their presence surround and hold you in love.

I remember doing the following meditation one Christmas Eve after losing someone very dear to me. I could feel their love so vividly that it brought tears—not of sadness, but of comfort and gratitude

Affirmation

“Their love surrounds me, comforts me, and remains with me.”

01

Sit comfortably and close your eyes. Take three deep breaths, relaxing your shoulders with each exhale.



02

Imagine a soft, golden light in your heart, representing the love of the person you're thinking of.



03

With each inhale, feel this light expand within you. With each exhale, let it extend outward, filling the space around you.

04

Picture yourself held in this light, as though wrapped in a warm embrace.

My Personal Story

Finding Light After Loss



One Christmas, shortly after my near-death experience, I felt the absence of my father so profoundly.

I remember sitting by the tree, missing his laugh and the way he lit up the room. I closed my eyes, placed my hands on my heart, and breathed deeply. In that moment, I felt his love as a warm presence around me, as if he was holding me. That was when I realized love never truly leaves us. It stays alive in our hearts and in the way we carry it forward.

That realization brought me light in the darkest times. It's why I believe so deeply in these practices—they can guide us to feel held, even when we feel alone.

INTERVIEW

03

Heart-Opening Meditation: Being Love



By Kerry Clancey

The most beautiful way to honor those we've lost is by embodying the love they gave us. This heart-opening meditation focuses on being love—radiating kindness, compassion, and light to others and yourself.



01

Place your hands over your heart and close your eyes..

02

Inhale deeply, imagining your heart glowing with a soft pink or golden light.

03

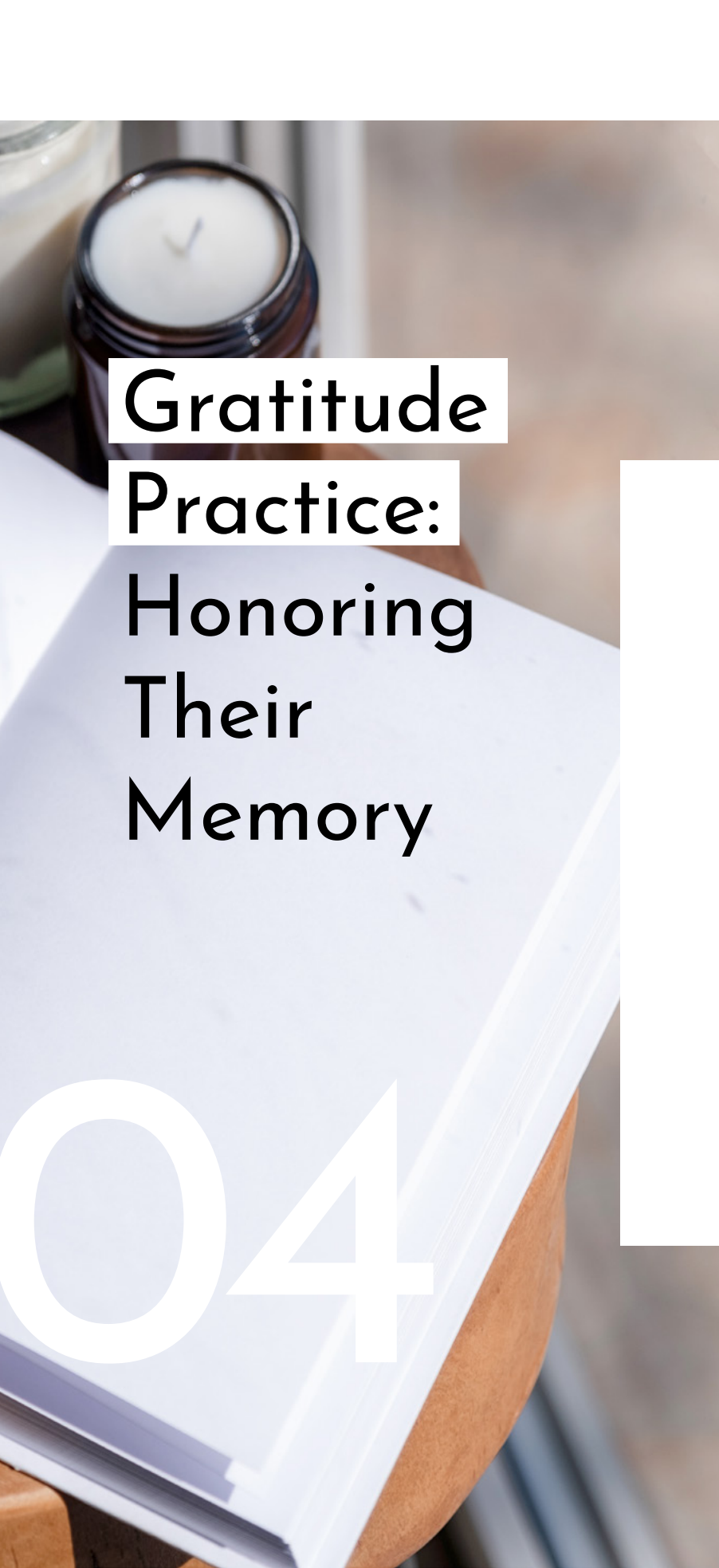
With each exhale, visualize this light radiating outwards, touching everyone around you.

04

Silently repeat the affirmations over and over.

Affirmation

“I am love. I share love freely. I carry their love in my heart. I am love.”



Gratitude Practice: Honoring Their Memory

04

Gratitude is a powerful way to connect with the love of those we miss. By honoring their memory, we invite their presence into our lives in a gentle, joyful way.

This simple practice is one of my favorite ways to feel close to loved ones. It turns sadness into a celebration of their life and the love we shared.

Affirmation

“Thank you for the love you gave me. I carry it forward with gratitude.”



01

Take a journal or piece of paper and write down three things you're grateful for about the person you're missing.

02

Reflect on a favorite memory with them, allowing yourself to smile or even cry.

03

Light a candle in their honor, holding them in your thoughts as you repeat:

CLOSING

Thank You

As you navigate this holiday season, remember that the love you've shared with those you've lost is eternal. It lives in your heart, in your memories, and in the light you bring to the world. These meditations and practices are gentle ways to feel their presence, honor their memory, and embody their love in your daily life.

You are never alone. You are surrounded by love, held in love, and you are love.

With warmth and light,
Kerry

By Kerry Clancey



healer

Craniosacral Therapist, Spiritual and Life Coach, Reiki Grandmasters, Master Sound Healer, Crystal Therapist, Channelor, Spiritual & Meditation Teacher, Ayurvedic Lifestyle Consultant and Author.

Who is Kerry?

Kerry Clancey is a compassionate and dedicated lightworker, spiritualist, and heart attunement therapist who has touched the lives of thousands of individuals through her healing and transformative work. Her journey began with a profound near-death experience (NDE) that forever changed her perspective on life and spirituality.

kerrythehealer.com

Where to find Kerry

If you are seeking profound transformation, emotional healing, spiritual guidance, or a deeper connection with your divine essence, Kerry Clancey is here to support you on your path. Embrace the opportunity to work alongside a gifted healer and compassionate soul who has dedicated her life to uplifting and empowering others.

Weekly Meditation Classes at Yoga Barn

Monday: Sacred Heart Meditation at 10:00 AM
Align with the frequency of love and open your heart to deeper peace.

Tuesday: Yogic Mantra Meditation at 5:00 PM
Experience the ancient power of sound to elevate your consciousness.

Wednesday: Transformational Breath at 5:30 PM
Release emotional tension and awaken your energy through breathwork.

New Students: Please arrive 45 mins early at Main Reception for registration and class card.

Returning Students: Please arrive 30 mins early for class.

Note: Classes filled first-come, first-served. Thank you!

Kerry's Healing

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Authored by Kerry



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