Dear Diary,

I just said goodbye to grandma, probably for the last time.

I facetimed her as dad held up his ipad for her to see me. She is on her way out.

She called me beautiful over and over again.

I told her she was beautiful and thanked her for giving me such great genes.

She called me nice, and said I am always so nice to everyone. Dad and his sisters told her that she was the same.

Then, that was it. She couldn’t hear me too well so it was clear that I needed to say goodbye.

I said goodbye and that I love her so so much. She said “love you too doll” in her cute voice that I miss so much.

I said “goodbye grandma”

She said, “goodbye.”

Even when you are prepared in every way to say goodbye to someone… you are never truly ready.

Last night I did a long chakra meditation for grandma with my chakra stones for anahata, ajna, and sahasrara. I meditated on love, I meditated on wisdom, and I meditated on the journey into what is after this life.

I asked the universe to treat grandma with grace, and so she can feel calm, at ease, and loved during this journey.

I repeated the metta-mantra “may you be free, may you be happy, may you be at peace” with grandma on my mind the whole time.

I let her go.

And today, when I saw her face and heard her voice for likely the last time… I know that she is ready and the rest of us will be too.

It’s time to let her go.

I love you more than anything Grandma. Thank you for being my hero. Safe travels to what is next.

May you be free.

May you be happy.

*May you be at peace*.

With all of my love,

Your granddaughter,

Jessie Josephine Smith

Age 23

<3