

# An Ode to Grief



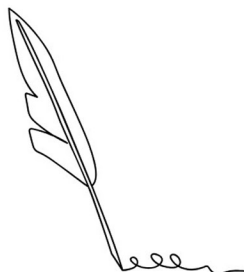
Written by Louise Baxter  
Hand Painted Illustrations by  
Gemma Louise Smith

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This Book Belongs to




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For Beans & Buns

BELIEVE in YOU

PEACEMAN 

Forever





Blessings to all my sweet and wonderful young team  
Let me tell you a story before you sleep and dream  
I know you are tired and done with the day  
But snuggle in closer, I have something important to say





To lose someone we love is the HARDEST thing  
It's like we have lost our dancing shoes  
or have no voice to sing





Sore Sore heart, wouldn't mind a BIG sticky plaster  
To help ease the pain, quick put it on faster





You sob "I miss you I miss you I miss you so much  
I ache for your smile, to smell you to touch"



Now now my lovely love PEACEMAN is here  
My friend has come to see you,  
look round through your tears







Ruff Ruff gentle boy, PEACEPUP arrives  
Barking and sniffing your bum and your thighs  
He senses your sadness and wants to sit down  
May he curl up beside you, he won't make a sound





Peacepup nuzzles in as he wraps his love around you  
His furry coat of armour is magic, feel it its true



he doesn't want to change how you feel or how you think  
You could clap him and pet him, if he likes it he'll wink







And just as you do this you look  
into his eyes  
Out of this deep brown ocean  
comes an unexpected surprise



An angel you  
recognise the  
energy so true

Your loved  
one arrives  
to guide and  
protect you







They open their  
mouths and  
spread their  
wings

And out  
comes the  
most beautiful  
sound as  
they sing





There there little one always remember I am everywhere  
I am the earth, the water, the fire and the air  
Just close your eyes and take a deep breath in  
Feel my presence surround you and let me begin





The wind on your forehead well  
that is my breath  
Let it calm and relax you at the hurt  
of my death






The moonlight through the window well that is my soul





Let it illuminate the path for you as you go





Can you see me sparkle ? Where ?  
Over there .. dancing and glimmering  
please know that I care





The sun that feels warm and brightens the day  
Well that is my love for you and it never goes away






You whisper “ I love you I love you I love you so much  
I can now sense your whispers your smile and your touch





Bringing Peacepup's eyes back into focus  
What beautiful message they sent you, it's hard not to notice  
The tears that are streaming down your wee face  
As you emerge with wonderment from that magical place





On these sad days when emotions  
are high Sit down with Oor Peaceup  
and have a good cry  
Each teardrop brings

strength

and the motivation to rise





With their love in the atmosphere  
you can peacefully grieve  
Take this safe feeling  
away with you,

*Breathe & believe*



And through this heartache so broken and blue  
Your loved one's legacy lives on  
FOREVER in YOU





From us here at Peaceman , our motto tonight  
Sit with pain it doesn't bite and wants to be held  
in your shiny light



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