Saying Goodbye to Angel Animals Table of Contents

Introduction — Friends at the Rainbow Bridge

Your Partners in Grieving • You Have History • You Have Friends Who Understand • The Rainbow Bridge • Rainbows and Bridges • How This Book Is Designed • Meditation: How My Life Would Have Been Different • Meditation: The Rainbow Bridge Reunion

Rainbows – The Colors of Saying Good-Bye

Chapter One: Rainbow Blue – Organic Grieving

Organic Grieving • Rainbow Blue • Phases of Organic Grieving • Shock, Doubt, and Denial • Anger, Confusion, Resentment, and Blame • Guilt, Bargaining, and Regret • What to Do with Regrets and Guilt • Meditation • Sadness and Depression • Meditation • Relief, Resignation, and Acceptance • Try This Exercise • Meditation: Anger and Forgiveness • Meditation: The Effects of Grief

Chapter Two: Rainbow Red — Remembering the Life of Your Angel Animal

Who Was This Animal to You? • Try this exercise • The Day You Met • Meditation • Daily-life Memories • Try This Exercise • Prior to the Passing • Remembering the Moment of Death • Try This Exercise • Meditation • How to Remember Your Animal Companion's Death • Try This Exercise • Meditation: How We Chose Each Other • Meditation: How We Missed Each Other

Chapter Three: Rainbow Yellow — The Spirituality of an Angel Animal's Death

Try This Exercise • Our Personal Beliefs about Animals, Souls, and Death • Meditation • Yellow Is the Spiritual Nature of Animals at Death • Meditation • Prana's Contract of Love • Meditation: Ask the Divine • Meditation: I Feel You Near Me

Bridges - Crossing Over the River of Grief Together

Chapter Four: Covered Bridges — Shelters from the Storms of Pet Loss

Family and Friends • Try This Exercise • Seeking Professional, Online, or Group Support • Consoling the Surviving Animals in a Multiple-pet Family • Children and Pet Loss • Meditation: Who Are Your Covered Bridges? • Mediation: Who Else Is Hurting?

Chapter Five: Swinging Bridges — Rituals That Heal and Beliefs That Cause Pain

Recognizing What Is Missing Now • Try This Exercise • Letting Go of anger • How to Handle a Disagreement with Your Religion's Beliefs • Meditation • Rituals to Help You Mourn • Try This exercise • Lasting Tributes to Your Animal Companion • Meditation: Commemorate Your Pet • Meditation: The Shimmering Light of My Dreams

Chapter Six: Memorial Bridges — Memorial Services for Angel Animals

Keep It Simple • I Remember You Memorial Service • All God's Creatures Memorial Service • Together Again Memorial Service • Include the Other Animals • Meditation: Meeting You at the Rainbow Bridge • Meditation: Your Memorial Service

Chapter Seven: Golden Bridges — Angel Animals and the Afterlife

Afterlife Visitations by Animals • Communicating with Animals after Their Death • Try This Exercise • Spiritual Plane Animal Advocates • Meditation • Dreams of Animals Who Have Died • Try This Exercise • Grief Gauges • Try This Exercise • Getting Back into the Rhythms of Life • How Do You Know When You're Ready to Adopt Another Pet? • Try This Exercise • Do Animals Reincarnate? • Meditation: Come Back to Me • Meditation: The Transition from Life to Living Again