

"Light a Candle For Me"

Self-Reflection

Whether you lost someone you loved yesterday or 40 years ago, one thing is certain: they will be missed.

They will be missed on the big days: birthdays, holidays, and milestones they should be experiencing. They will be missed on small days: driving into work, watching TV, and shopping at the grocery store.

After my mom died when I was 13, I tried *really* hard to convince myself and the world that I was fine. Of course, as I'm sure you can imagine, I wasn't.

When that charade came crashing to the ground a decade later, I began the journey of finally admitting to myself that, yes, I did miss her, and, no, I was not *fine*. And for the first time in my life I began to ask the question. "How can I bring her memory back into my life? Back into Christmas?"

That's where this song comes in. I wanted to create a song that made remembering our loved ones as easy as pressing "play." I wanted to give others, and myself, a song that walked through the steps of how we can sit down, reflect, and remember on *both* big and small days.

If you go through this quick reflection and find yourself enjoying the process even if it's emotional, please consider checking out my helpful [grief workbook](#), my [other songs](#), and my [weekly show](#) that dives into the many aspects of grief.

Stay in touch!
Miki Speer

Please feel free to share my
contact info with a friend!

Website: www.mikispeer.com

Instagram: [@miki_speer](https://www.instagram.com/miki_speer)

Facebook: [Miki Speer - The Healing Half](https://www.facebook.com/Miki-Speer-The-Healing-Half)



Me and my mom ↷



↶ Album cover!



"Light a Candle For Me"

Lyrics



Song is available on:

Spotify

iTunes

Amazon Prime Music

Youtube

Light a Candle For Me

by Miki Speer

VERSE

You know some doors cant be opened
And words can't heal a heart that's broken
Holding me in your arms is what you really need
But in the meantime you can light a candle for me

CHORUS

And let the flame light up the room
Like my smile used to do
And let the memories begin to fill your mind
Dont be afraid to say my name
And begin to share your pain
And remember I'm right by your side
No we can't go back to the way it used to be
But in the meantime you can light a candle for me

VERSE

When I passed away, your world stopped turning
But the love we share won't stop burning
I know one day we'll meet again
And there won't be a missing piece
But in the meantime you can light a candle for me

CHORUS (repeats)

"Light a Candle For Me"

Poem + Activity



How To Start:

- Grab any candle and a lighter (but don't light it quite yet!)
- Find a quiet place or ask the room to be quiet
- Take a deep breath
- Read the poem aloud and light the candle when prompted
- Spend time reflecting using the questions on the next page (optional)
- Repeat as often as needed

"As I Look at the Flame"

A Poem by Miki Speer

As I take a deep breath and quiet my mind,
My heart still longs to go back in time.
There are no words that perfectly say
Just how much I'm missing you today.

(Light candle)

With this flame I remember your life,
The joy in your eyes, your smile so bright.
The memories we shared, the tears and laughs,
Make me reminisce on all that we had.

My heart still aches from you being gone,
But as I look at this candle, I know you live on.
Your spirit is up there, dancing with the clouds,
I know you're watching over me, saying you're so proud.

I miss you so much and some days are so hard,
But your memory is forever etched onto my heart.
And even though there is still so much pain,
I can still feel you with me as I look at the flame.



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*Time to Reflect**

***Please notes that these questions are very similar to ones that help people process their grief in my much-more-in-depth workbook, My Heart Still Remembers. If you find reflecting therapeutic, please click [HERE](#) to learn more about it!**

I am not a doctor and this is not meant to replace going to one. If you feel depression symptoms worsen, please consult a medical professional right away.

What are some of the 'little things' that you miss about them?

What's one memory you have with them that always makes you smile?



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*Time to Reflect**

If they were sitting next to you, what's one thing you would say?

As we wrap up the activity, how are you feeling right now?

Thank you again for your support - if you would like to buy a book, click [here](#). If you have any questions, please don't hesitate to reach out. I am honored to be a part of your grief journey!

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