

Grief Dreams

Messages of Love, Loss, and Healing

A gentle 5-week series exploring the dreams, nightmares, and visitations that arise after loss.



When dreams stir more emotion than our waking hours...
When a loved one appears, or doesn't...
When the night feels confusing, tender, heavy, or full of questions—you may wonder what your mind and heart are trying to show you.

You're not alone in feeling unsure about what your dreams mean, or why they arrive the way they do after loss. This isn't about "analyzing" dreams or forcing interpretations. It's about creating a soft, safe space to explore what comes in the night— with curiosity, compassion, and support.

Through gentle guidance, hypnosis-inspired relaxation, and simple dream-journaling practices, we'll explore the languages of grief dreams together.

Schedule your free 20-minute chat with me via my online calendar.

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Tamelynda Lux

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