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## Remembering with Sacred Objects

You likely have objects that hold a special meaning to you and provide a way to remember your loved one. There are countless items that might be significant to you. You may choose to keep them with you at all times, or wear them or display them on specific occasions; perhaps these are items around your house, or perhaps they are locked away for safekeeping. The focus of this tool is simply having the item around so that you can feel connected to your loved one and as a symbol of your shared story. It is important to know that it is normal and healthy to have and treasure these items.

### Considerations for Sacred Objects

- It doesn't matter what you call them: charms, sacred objects, talismans, keepsakes, etc.
- They may be tiny or larger than a car.
- You may keep them on you at all times, in your home, or in a safe deposit box.
- Examples include: jewelry, a watch, a scarf, a pin, a hat, coin, a pocketknife, a picture, household items (like cooking utensils, silverware, plates, a tea set, a hairbrush or a mirror) a tool or toolbox, soil or rocks from a special place, etc.
- You may have items of clothing and choose to wear those items.
- Other items may include property, a house or building, a car or other vehicle, farm equipment, a vacation location, or other larger thing.
- What prized item do you have? What item do you wish you owned?