



SPIRIT&FRAME  
A COMPLIMENTARY GUIDE

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# Grief & Remembrance

## *Honoring Who They Were*

*A Spirit & Frame guide to preserving memory after loss*

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*"To grieve is to love. To preserve is to refuse to let the love become only absence."*

*This guide is written with tenderness. If you are here, you may be navigating loss -- recent or long-carried. There is no right timeline for this work. Move through these steps when you are ready, and only as far as feels right.*

Preserving someone we have lost is not about recreating them. It is about ensuring that the Spirit of who they were remains accessible -- to us, and to those who come after us.

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### 01 - Begin With What You Already Have

Do not search for the "best" photos yet. Simply open one folder, one album, one box. Sit with what is there. Notice which images make you feel closest to them. These are your anchors.

checkmark I have located at least one existing collection of their photographs.

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### 02 - Ask Before You Forget

If other family members knew them -- call one person this week. Ask them to describe one specific memory. Ask if they have photos you have never seen. The window for this conversation closes. Open it now.

checkmark I have reached out to one family member to gather memories or photographs.

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### 03 - Preserve the Evidence of Their Ordinary Life

Not just the portraits. Their handwriting on a birthday card. A voicemail you have not deleted. The recipes in their handwriting. The objects they kept. These are photographs waiting to be taken.

checkmark I have documented at least one piece of their everyday life beyond photographs.

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### 04 - Create a "They Were Here" Folder

A single, dedicated folder -- digital or physical -- that holds everything. Not organized perfectly. Just gathered. Named simply: their name. This act alone is preservation.

checkmark I have created or begun a dedicated archive folder in their name.

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### 05 - Write Three Sentences

Who were they to you? What did they smell like, sound like, feel like to be near? What do you most want the next generation to know about them? Three sentences is enough. Write them now, before memory softens the details.

checkmark I have written my three sentences and saved them with their archive.

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A note from The Curator

*This guide was written for you with the deepest respect for your grief. There is no rush. The archive will wait. And when you are ready -- whether that is tomorrow or in three years -- Spirit & Frame will be honored to help you build the Frame around their story.*

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*When you are ready to go beyond the guide, Spirit & Frame is here.*

*Five capsules. One intention: your memories deserve to last.*

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*With reverence, The Curator | Spirit & Frame*