

Grief is not meant to be collected
By John O'Shaughnessy

Grief is not meant to be collected.
It is not like a rare work of art that increase in value as it ages.
It is not like a fine wine either, alone in a cold dark room waiting to be uncorked.
Your grief should not be handed down to those you love, they have enough to do.

Grief is meant to be shared.
When you spread it out it thins.
When you break it open, you don't break down.
When you worked it through and out, the edges soften.
When you cry, tears take away some of your pain.
When you laugh, you are given rest.
When you write, you affirm.
When you pray, you draw close.
When you remember, you connect.
When you honor, you transition.
When you rebuild, you make a choice.
When you are in your healing community, you begin to heal.

As you mourn your loss, always remember.
You don't always have to like what has happened,
But try to like what is happening to you.
You are building something new, but not completely from scratch.
Your new life will be shaped from your past, but not defined by it.
You will move forward, one foot in front of the other.
You won't have to have all the answers.
Who does?
You will stumble and fall.
Who doesn't?
He will pick you up.
And somewhere, imagine a great cloud of witnesses cheering you on.

You mourn because you love.
You mourn because you want to love again.
You mourn to move forward.
You mourn to transcend.
You mourn to be more, despite having less.
Every day, take small steps in the direction you wish to be.
And one day, you will find yourself there.

God Bless.