

BEREAVEMENT SUPPORT

Releasing Grief – A Meditation

Tell me why God let this happen?

"I don't know..."

Often times in suffering we look for answers, when there are no answers. What we are really looking for is **solidarity**. Someone who will **be with us**.

Sometimes words help, sometimes they actually get in the way.

So central to **solidarity** is understanding the power of **silence**. We sit with the person as they sit in their loss, pain and suffering. We share the space with them in flesh and blood. It can be a **meditation we share with one another**.

Releasing Grief – A Meditation

Grief is one of the heart's natural responses to loss. When we grieve we allow ourselves to feel the truth of our pain, the measure of betrayal or tragedy in our life. By our willingness to mourn, we slowly acknowledge, integrate, and accept the truth of our losses. Sometimes the best way to let go is to grieve.

It takes courage to grieve, to honour the pain we carry. We can grieve in tears or in meditative silence, in prayer or in song. In touching the pain of recent and long-held griefs, we come face to face with our genuine human vulnerability, with helplessness and hopelessness. These are the storm clouds of the heart.

The grief we carry is part of the grief of the world. Hold it gently. Let it be honoured. You do not have to keep it in anymore. You can let it go into the heart of compassion; you can weep.

Releasing the grief we carry is a long, tear-filled process. Yet it follows the natural intelligence of the body and heart. Trust it, trust the unfolding. Along with meditation, some of your grief will want to be written, to be cried out, to be sung, to be danced. Let the timeless wisdom within you carry you through grief to an open heart. (Extracts from A Meditation on Grief- Jack Kornfield)

You can listen to the full meditation which is about 6 minutes:

<https://jackkornfield.com/meditation-grief/>

"When after heavy rain the storm clouds disperse, is it not that they've wept themselves clear to the end?" Ghalib

*Life is
changed not
ended*



*"I walked a mile with
Pleasure.
She chattered all the way,
But left me none the
wiser,
For all she had to say.
I walked a mile with
Sorrow, And ne'er a word
said she;
But oh, the things
I learned from her
When Sorrow walked with
me!"*

Robert Browning



*Death does not
end our
story...
Death does not
end our
relationships*