

Grief

By Lynn V. Andrews

Grief deepens you. It allows you to explore the parameters of your soul. Grief is a gateway to certain levels of understanding and it is a hard taskmaster.

Through grief you can explore some heavier aspect of yourself – anger, pain, abandonment, terror, loneliness. These aspects of deep wounds can no longer be ignored in daily living.

Grief forces you to look at these parts of yourself that are not yet healed. If you can look at grief as a teaching, you will grow.

The pain of grief is not the only teacher in this life but if looked at closely, with awareness and an open heart, it is one of the greatest teachers of all. The seeds of wisdom are planted within the wounds of grief.