

Grief



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Grief is the price you pay for love when you lose it, because love is the essence of attachment, which is the root of suffering. To pay this price is to honor the one you have lost, but it is much more. It is not only the loss of love but also a fracture of the many practical things that have absorbed so much of you for so long; things that constitute more of your foundation than you had supposed. As it unfolds, your own particular grief reveals its many roots, which are entwined, and you feel as though you are sucked into the vortex. You *are* sucked into the vortex.

Reverend Don offered a brilliant metaphor for this sort of grief. You are on the luxury liner *Poseidon* when an undersea earthquake causes a titanic tidal wave, which capsizes the ship. You are shaken and disoriented. Water is pouring into your stateroom. Furniture is careening around, floating among debris you cannot identify in the chaos. You are exhausted and your vision is fading but the water never quite fills the space you are in, so you can always breathe. And you continue to breathe. The ship is eventually righted and the flood abates. A new foundation is eventually built upon the old. The best and sturdiest of the furniture is recovered and reorganized, and some is lost or discarded. Your world is eventually rebuilt in a new configuration that you cannot anticipate.

There is the possibility of a new sort of clarity in grief because everything is suddenly cast in a very different light, and this new light casts different shadows. It is possible to cling to grief too long, in order to insist on the value of the one you have lost and the quality of your love for them. But insistence on love backfires in grief as it does in life, and it changes nothing. The reality of your love and your grief is entirely private. Grief is the bridge to a new world. Not yet perhaps, but in its proper time. Trust me. Call me.

Relief, Recovery, Resolution

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