



Weight of Sorrow

When the weight of sorrow feels unbearable, know that you are not alone. In the unseen, love still surrounds you. Though the form has changed, the presence of your loved one is eternal—woven into your heart, carried in your breath, and reflected in the quiet beauty of the world around you.

Grief is not a sign of weakness, nor a lack of faith—it is the price of deep love. Honour your tears; they are sacred offerings, washing the soul clean and making space for healing light to return.

May you find comfort in the stillness, strength in the rising sun, and a quiet knowing that the soul of your beloved lives on—peaceful, free, and near.

You are held in divine compassion. Each step through this valley is guided, even when the path seems dark. Trust the process, even when it aches. For the soul does not perish—it transforms, and in time, so will your pain.

