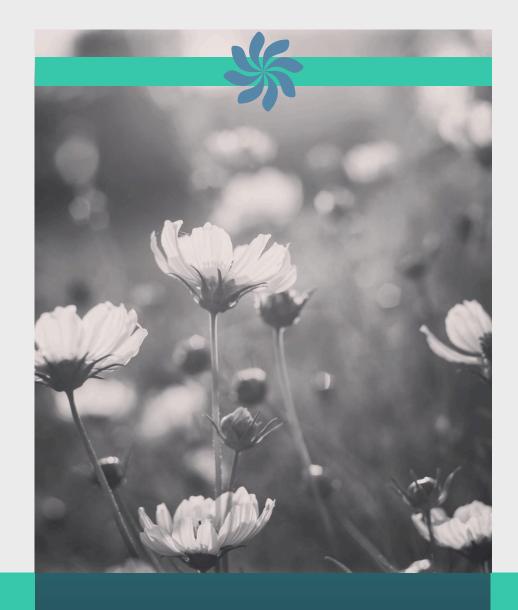
## Grief is intertwined with our vitality and wellbeing

Grief is a fertile living process — with a beginning, a long middle, and a resolution that leads to awareness, wisdom, and a new start.

Talk with a counselor or trusted friend about your grief





The purpose of grieving

## Grief is a vital process - one that most human beings undergo

Grief is the silent alchemist that transforms our suffering into wisdom.

When we honor our grief, we honor the very essence of our humanity; the capacity to love deeply, to forgive, let go, and to realize the deeper meaning for our lives and living.

## To be human is to grieve. If we honor the process, this is what we may notice:

- We're no longer confused about why something happened
- We don't blame anyone -- we own the loss
- We don't talk about the pain or loss, but more so the lessons and insights
- We want to help others
- We're not angry with God/life
- We're at peace
- · We find joy in living and being

