

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**

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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

The biology of grief – a visual

Whether you're in the fearing, raging, feeling, or realizing stage, every stage is important. There is no rush-- grief takes its own time.

