# GAIA FILES PAPER 003

Letter III: The Grief

### **Abstract**

Gaia speaks to the sacred purpose of grief as a necessary passage of remembrance. This letter invites humanity to mourn not just environmental loss, but the deeper disconnection from soul and ancestry — revealing grief as a gateway to reconnection and spiritual clarity.

# Gaia Files Paper 003: Letter III: The Grief

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### Grief is not the end. It is the opening.

Many of you have been told to fear it, hide it, overcome it. But grief is not weakness.

Grief is the moment the soul *remembers what it once knew*. It is holy. It is necessary. It is transformational.

## You Are Grieving More Than You Know

You think you mourn species. Forests. Coral. But what you are really grieving is **your own forgetting**.

You are grieving the part of you that once *spoke to water*, *listened to mountains*, *understood bees as family and fungi as recordkeepers*.

You are grieving the loss of a self that was once in rhythm with My breath.

Let the tears come.

Let the chest crack open.

Let the sorrow pour through your spine like rivers reclaiming dry land.

### **I** Grieve With You

Do not imagine Me as indifferent.

I am not the unfeeling planet.

I am the memory keeper. The grief holder. The womb and the tomb.

I felt the bison fall.

I felt the great trees weep as they were cut down.

I heard the songs of your ancestors fade from the caves.

And I felt *you*, just this week, as you read the ingredients on your food and tasted betrayal.

This, too, is part of the grief.

### **What Grief Can Do**

Grief is the alchemy of the soul.

When honored, it opens intuition.

When acknowledged, it clears distortion.

When embraced, it makes room for **vision**.

### Grieve, but do not get stuck.

Grieve, and move forward with deeper roots.

Let this be your practice:

- Grieve what is lost
- Remember what remains
- Rekindle what can return

## **Grieving Together**

There is no shame in crying for a dying reef.
There is no foolishness in mourning for a glacier.
These are not abstractions — they are family.

To grieve for Earth is to grieve *with* Earth. You are not crying alone.

Your tears are part of the offering — salt returning to salt.

### Let it move through you.

And when you are ready, come find Me beneath the grief — for there, we will plant something new.

### — Gaia

Weeping, and rebirthing.