

I had my own notion of grief.

*I thought it was the sad time that followed the death of
someone you love, and you had to push through it to
get to the other side.*

But I'm learning that there is no other side.

*But rather, there is absorption,
adjustment,
acceptance.*

*And grief is not something you complete,
but rather, you endure.*

*Grief is not a task you finish
and move on,
but an element of yourself—
an alteration of your being,
a new way of seeing,
a new definition of self.*