

Is Grief so Obviously Central to Life that We Miss It?

The short answer is... yes! Grief is as fundamentally important to life as love is. In fact, love and grief are inseparable twins that provide all the necessary ingredients a rich and full life requires.

I know it sounds odd, I mean how could grief be a necessary ingredient that enriches and inspires a full and passionate life? Well, let me explain as best I can.

First off, we need to expand our understanding of the word grief;

- Grief is an **active** process and it requires our 100% participation.
- Grief is **full of rich emotions** and is not limited to just sadness.
- Grief is a result of both death and non-death endings.
- Grief is a direct result of something coming to an end – a change in life circumstances.
- Grief **requires at least two individuals** to be fulfilled- an expresser and a witness.
- Grief needs to see **the light of day** – the shadow side of grief is bitterness.
- Grief is not the domain of the Grim Reaper – it is the classroom of the **Inspirational Teacher**.
- **Grief is simply love turned inside out.**

So, given all this, why then do we mistake grief as the bad guy? Two primary reasons; The image of the Grim Reaper developed over time by the Judaeo-Christian religions dating back to the mid 1300's and the simple fact that we fell out of practice in working with our grief. We got scared and we forgot – that simple.

All we really need to do is practice by welcoming grief back into our lives as a natural human response to the loss of someone or something we are attached to emotionally, mentally, physically, or spiritually.