

Grief Helps



Grief Is Your Ally

James E. Miller



He who lacks time to mourn, lacks time to mend.

HENRY TAYLOR



Those who conceal their grief find no remedy for it.

TURKISH PROVERB

As you grieve, you may come upon three sorts of messages
which may give you pause.

Avoid grief, some people say, either with their words or their attitude.

The implication is that you should stay away from that which hurts so,
that which only drags you down.

Get your grief behind you ASAP is another message you may receive.

You're encouraged to hurry your grief along so you can put it behind you
and go on with your life.

Confront your grief is a third piece of advice,
offered sometimes even by those who deem themselves professionals.

In this context your grief is seen almost as a dangerous element
which should be subdued or overpowered.

All three of these messages share a common perspective:

grief is more negative than positive, more hindrance than help.

It is best sent on its way, pronto.



Grief is itself a medicine.

WILLIAM COWPER



*We are healed of a suffering
only by experiencing it to the full.*

MARCEL PROUST

I believe there is an alternative series of messages

that offer a more helpful and healthy way to respond to loss.

Allow your grief.

Grief has a single purpose—to lead you toward your healing.

Indeed, unless you grieve, you cannot fully heal.

Respect grief's ways.

Yes, grief hurts and, yes, grief can seem unpredictable.

Yet grief has its own wisdom, its own positive energy

that works to encourage people like you to adapt, to change, to grow.

Trust the grief journey.

Normal grief knows how long grief takes with a particular individual,

and which paths are best to follow,

and which tasks it is good to complete.

So healthy grief is not at all your adversary—it is your ally.

It is a helpful friend you can count upon.

Resources for Grieving People

BY JAMES E. MILLER

Books

One You Love Has Died
When Mourning Dawns
What Will Help Me?
A Pilgrimage Through Grief
When a Man Faces Grief
Winter Grief, Summer Grace
How Will I Get Through the Holidays?
Change & Possibility
Un Ser Amado Ha Fallecido

DVDs

When Mourning Dawns: The DVD
Invincible Summer
Listen to Your Sadness
How Do I Go On?
By the Waters of Babylon
We Will Remember
Nothing Is Permanent Except Change

Electronic Resources

100 Healing Messages for Your Grief: Emailed Videos
Grief's Healing Journey: An eNewsletter



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