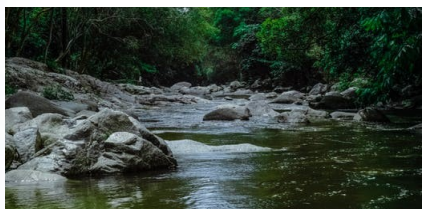


GRIEF IS A LOVE STORY

REFLECTIONS ON WATER

Profound grief signifies that you loved someone and that love matters. This loss is particularly crushing when you have lost someone you feel you can't live without. Grief, consciously observed, can be a transformational experience, for growth and healing. For many griever, water is a powerful metaphor for the surging emotions that rise up during bereavement, as well as the moments of deep calm. Below are some sample images of water in different natural forms, sizes, energy levels. You have many other scenes of water stored in your memory. . surge of is your love for, and relationship with, your deceased beloved in the process of transforming, from how it was with their physical presence in your life, to a different type of experience. It is a powerful and profound force within that, at times, and especially in the beginning, can feel overwhelming and all-consuming. Recognize that this is normal, it is a sign that you love this person and that their loss deeply matters to you. For most people water is a positive symbol, and we all know that water exists in many different forms. Therefore, it can be helpful, and calming, to notice 'how the water is flowing'



GRIEF IS A LOVE STORY

REFLECTIONS ON WATER

At the end of each day, write/draw about an image or images of water that characterizes your emotional experience of the day. In the midst of that overall experience, hunt for the moments of love. When/how did you connect with your love for your deceased beloved, other dear ones in your life, God, yourself. Were those water moments as well?

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday