

When a loss hits us, we have not only the particular loss to mourn, but also the shattered beliefs and assumptions of what life should be.

Those life beliefs must be mourned separately. Sometimes we must grieve for them first.

We can't grieve the loss if we are in the midst of "it's not supposed to happen this way"...

We intellectually know that bad things happen, but to other people, not us, and certainly not in the world we assumed we were living in...

Your belief system needs to heal and regroup and much as your soul does.

You must start to rebuild a new belief system from the foundation up, one that has room for the realities of life and still offers safety and hope for a different life: a belief system that that will ultimately have a beauty of its own to be discovered with life and loss.

Think of a lifeless forest in which a small plant pushes its head upward, out of the ruin.

In our grief process, we are moving into life from death, without denying the devastation that came before.

