

Grief's nature is the same as love's nature. To be present. To be felt. To be seen. To be expressed. To be witnessed. To be a part of you. To be cared for and tended to. Your grief journey deserves to be lived through from a compassionate stance. To be treated the way love would be treated, because at the end of the day that's what grief is. It may often FEEL like the opposite end of love's spectrum, but nonetheless, it is LOVE.

@griefembracedwithlove

One of the deepest needs in grief is to feel seen. No matter what or who we are grieving, having others acknowledge our pain can provide essential validation and comfort. This shared recognition helps us feel connected and less alone, offering a safe space to process our emotions. Are you feeling seen in your grief?

### PONDERINGS ALONG THE PATH

By Nadine Boyd

*Do you feel seen in your grief? It may have been a little while since your beloved child has passed on and people, sometimes with the greatest intentions, are trying to “hurry” you through your grief. You may be told “it’s been (amount of time) and you should get on with your life”. “You should go back to work, box up their belongings, spend time with your old friends, take up the projects again you used to enjoy”.*

*Often well-meaning people want to hurry you through your grief because **they** feel uncomfortable. They care about you but feel helpless to give you comfort, and just want you to be your old self as quickly as possible. Sometimes we put this additional burden of hurrying through our grief on our own self. We wonder if we will ever feel better-or if the pain ever ends. We become “closet grievers”; not mentioning that we still go to the cemetery to visit our child’s gravesite, still put up his Christmas stocking, and keep his room and all his belongings the same.*

*Your Compassionate Friends know that everyone grieves differently and processes grief on different time tables. There is no right way or wrong way to grieve-your feelings are your own and are valid. **We see you.** We are a safe place to share your feelings and emotions, and help you feel less alone. You don’t have to hide your feelings and your pain, and we won’t hurry you through your grief. Our mission statement/credo reminds us “**our love for our children unites us. Your pain becomes my pain...we need not walk alone.**”*

*As you are dreading living another year without your child, remember you are not alone. If you are not able to attend our chapter meetings, please visit our local website (see front page), the National Compassionate Friends website, or check out one of our many excellent books from our chapter library.*

*I wish you comfort and healing, and the peace that passes all understanding.*

*In friendship,  
Nadine*

