

# Touchstones Project Theme: Grief



The reality of grief is far different from what others see from the outside. There is pain in this world that you can't be cheered out of. You don't need solutions. You don't need to move on from your grief. You need someone to see your grief, to acknowledge it. You need someone to hold your hands while you stand there in blinking horror, staring at the hole that was your life. Some things cannot be fixed. They can only be carried. Survival in grief, even eventually

building a new life alongside grief, comes with the willingness to bear witness, both to yourself and to the others who find themselves inside this life they didn't see coming. Together, we create real hope for ourselves and for one another. We need each other to survive. *Megan Devine*

We all know people who've suffered the loss of the most important person in their lives. At first, they disappear into grief, certain that life will never again be worth living. But, through some sort of spiritual alchemy, they eventually emerge to find that their hearts have grown



larger and more compassionate. ...Suffering breaks our hearts — but there are two quite different ways for the heart to break. There's the brittle heart that breaks apart into a thousand shards, a heart that takes us down as it explodes and is sometimes thrown like a grenade at the source of its pain. Then there's the supple heart, the one that breaks open, not apart, growing into greater capacity for the many forms of love. Only the supple heart can hold suffering in a way that opens to new life. *Parker Palmer*

## Join us in exploring Grief

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