

Grief Helps



A Time of Loss Is No Less
A Time of Change

James E. Miller



*We are changing, we have got to change,
and we can no more help it
than leaves can help from going yellow
and coming loose in autumn.*

D. H. LAWRENCE



We need never be ashamed of our tears.

CHARLES DICKENS

Our English word for *grief* comes from a French word
that means “heavy” or “grave.”

Is it any wonder, then, that we’re tempted to avoid grief?

Who wants to feel heavy

or to deal with matters that are grave?

So our aversion to grief is understandable.

Yet there is another issue at work here as well.

A death, or a loss of any sort really, always signals
that a change is in the works.

What we used to have is now gone.

What we liked or who we loved is no longer with us, no longer beside us.

And these life changes mean that *we* must change,

and we humans usually have an automatic response to this prospect:
a certain discomfort, an initial dislike, a sense of annoyance.

We’re apparently hard-wired to feel this way.



*All changes, even the most longed for,
have their melancholy;
for what we leave behind is a part of ourselves;
we must die to one life before we can enter another.*

ANATOLE FRANCE

So perhaps it will help you to realize
that you're not alone at all in your aversion to these changes
that are sweeping over you these days.

Transitions of any sort threaten to throw us off-balance.

They may cause us to feel unsure about our ability
to bend, to adapt, to accommodate, to right ourselves again.

All changes, but especially unwanted changes, tend to lead us
to wonder about our future.

How will we get there?

And what will that future be like once we're there?

If you're feeling resistant to these changes surrounding you these days,
remember that such a response is to be expected.

Your sense of equilibrium is being strained,
and no one—absolutely no one—likes that feeling.

You're in good company with the rest of humankind.

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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