



The Grief Journey

Love has a way of ending in pain. A spouse dies. A cherished loved one is no longer with us. Thus begins our grief journey. Someone has written, "Grief is not an enemy or a sign of weakness. It's a sign of being human. Grief is the cost of loving someone."

What you and your family will experience has no set pattern to it. It's not our nature to go looking for grief. Grief finds us and because we are all different as humans we all will experience grief differently. This is normal, this is healthy. To enter into your grief process is the first step to healing. What appears to be a tunnel of darkness in essence is the right direction towards healing. As an individual you will walk this journey alone. Yet at the same time as a family member you will walk it together. You all will be able to come through this journey albeit in different ways and at different times.

Grief is a two-way street. The patient with a terminal illness will experience grief in their dying process. The family members will likewise experience grief in saying good-bye. The patient will have thoughts of finding hope in the midst of their suffering, strengthening relationships with loved ones, meaning in life as they know it and spiritual peace. Life is now so different for the patient and all who serve them will need to show respect for who they are, what they have accomplished and where they have been in life. Leaving a legacy is one of the most beautiful gifts given to a family from their loved one.

The more that you can embrace this grief journey the more you will be able to grow through it in a healthy way. There will be days of emotion. At times they will come out of nowhere. But there will also be days of calm. You will be able to do things that give you a sense of meaning and purpose. Love has a way of ending in pain, but it also has a way of filling one's heart with gratitude for a life well spent and that it was spent together.