

Grief Poem

I had my own notion of grief.
I thought it was a sad time
That followed the death of someone you love.
And you had to push through it
To get to the other side.
But I'm learning there is no other side.
There is no pushing through.
But rather,
There is absorption.
Adjustment.
Acceptance.
And grief is not something that you complete.
But rather you endure.
Grief is not a task to finish
And move on,
But an element of yourself -
An alteration of your being,
A new way of seeing,
A new definition of self.