



# *Pathways through Grief*

Part of the Grief Information Series from Spicer-Mullikin Family Aftercare Services

## **M E D I T A T I O N S** *On Grief & Time*

**T**here is no set timetable for the healing process of grieving. Grief takes as long as it takes to adjust to our loss and to move on in our life.



Time changes when we are grieving. It stretches and shrinks; minutes seem to last forever, while whole weeks disappear in the blink of an eye. We want time to pass quickly so that our pain will be finished, yet we can hardly believe that it has been several months since our loved one died.



Time is required for all growth and all healing. The growth and healing of grief also requires work. As adults we are responsible for seeking our own nourishment—physical, intellectual, emotional, and spiritual



We know that time proceeds at a steady unchanging pace, but we also know that time seems to go more quickly if we keep busy.



Time and attention are required in order to do anything well. Therefore, we can expect to need time and attention for our grief. In our grief, we may feel that we have too much time. We want it to move quickly. But we need slow, still moments in which to remember our loved one and discover who we are by becoming familiar with the new thoughts and feelings grief has brought to us.



Time alone does not heal, but time is a factor in healing. As we look back and see that we have lived through a period of time without our loved one, we see that we will be able to live through more periods of time in the future.



There is something reassuring in the cycle of seasons, from spring to summer to autumn to winter and on again to spring. There is a rhythm in nature, in the movement of tides and the progression of the sun and moon. Everything changes; nothing stays the same. We can trust that change is in the nature of being, so we can trust that we will not always feel as we do now in our grief.



Each new moment in time, each minute, can bring new hope. We can trust that time will move us from the old to the new. Our grief teaches us that time is precious. Death reminds us not to waste time. Today matters. Whatever is important to us should be done now.



Time and death are two things that are beyond our control. They teach lessons of humility, courage and letting go.



We may choose to view time as our enemy, moving us away from our life with our loved one. But we may also choose to view time as our helper-healer bringing us hope and new loves on our life's journey.



Andy Warhol said, "They always say time changes things, but you actually have to change them yourself." For the bereaved this means we must push our self to take action on our own behalf. Exercise, eat well (but not too well), get enough rest and take time to smell the roses.



Time can be our friend. It brings three gifts to our grieving. The past holds memories of love and laughter to comfort us, and lessons of experience to guide us. The present contains infinite possibilities for small amounts of beauty and grace to nourish us. The future holds growth and endless possibilities.



In time, our grief will shrink. Now it fills our entire world—we are never away from it. Someday, our new life will fill our world and our grief will be scattered lightly throughout like shells along a beach.



In our grief, we come to experience and truly know that love is eternal. Love persists and strengthens us beyond death, beyond earthly life. Love is timeless and forever and will be with us always.



In time, we will see that every ending is also a beginning.



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