

Thresholds and Grief

“The future belongs to those who give the next generation reason for hope.”

PIERRE TEILHARD DE CHARDIN

Grief is always, in some way, accompanying us on The Journey. Grief opens the possibility of finding hope. There are times when grief is razor sharp, cutting to the bone: a partner dies; a career ends abruptly, a marriage dissolves and we find ourselves alone. Times like these require our full attention so that over time our soul can find what it needs to thrive. And sorrow, the felt sense of grief, appears in more subtle forms along the way. On this path of transformation we will encounter grief in its many forms. Each crossing of a threshold from one way of living to another we encounter some grief, some letting go to let come. Remember, thresholds, like grief are both full of challenges and opportunities. Becoming acquainted with grief and the feelings of loss will help us find gifts that will sustain us on this adventure of transformation.

To speak of sorrow
works upon, moves it
from its crouched place
barring the way to and
from the soul's hall.
Denise Levertov

Cry Easily
Keep your intelligence
white-hot and
your grief glistening,
so your life will stay fresh.
Cry easily like a little child.
Rumi

The Well of Grief
Those who will not slip beneath
the still surface on the well of grief,
turning down through its black water
to the place we cannot breathe,
will never know the source from which we drink,
the secret water, cold and clear,
nor find in the darkness glimmering,
the small round coins,
thrown by those who wished for something else.
David Whyte



As we explore the FOUR THRESHOLDS on The Journey we will pause to attend to how we experience grief. Pause now to consider the waves of grief in your life.

Five Gateways to Grief
Francis Weller

1. Death
2. Loss of a dream
3. Loss of physical capacities
4. Ancestral Grief
5. The Grief of the Earth



How can I let go of my need for fixed answers in favor of aliveness?

What feels essential and what feels expendable?

What is my next challenge in daring to be fully awake?

What do I FEEL when I stand at the precipice of change?

How can I open myself to the beauty of nature and human nature?

Who or what do I need to learn to love next? And next? And next?

What is the new creation that wants to be born in and through me?

Exposed - TLC

If you are planted close to a path
where friends can wander freely
and not in some isolated grove
removed from pedestrian inquiry

you will notice that a well
traveled path bears evidence
of wear and tear

torrents of tears wash soil away
freeze and thaw of life and death
heave even the densest earth
and the Spirit Wind exposes

roots once hidden beneath
layers of accumulated ideas
roots that now lie exposed for all to see

Here is the question,
THE Cardinal question
the hinge upon which
all good intentions swing

Will the roots of your life
no longer hidden become a
tripping point or a tipping point?

It depends on this one
further question:
Are you rooted and
grounded in Love?

To which the universe
responds with a
resounding
and eternal
Yes.