


*The End*



**Good friends  
are like stars.**

**You don't always see them,  
but you know they're  
always there...**

**(Old Saying)**



I miss you



*“In the Middle East, the universe was imagined as a caravan, with the past ahead and the future behind. Some beings have gone before us, some will follow after”*

*(Neil Douglas-Klotz)*





I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength. I stand and watch her until at length she hangs like a speck of white cloud just where the sea and sky come to mingle with each other.

Then someone at my side says: "There, she is gone!"

"Gone where?"

Gone from my sight. That is all. She is just as large in mast and hull and spar as she was when she left my side and she is just as able to bear her load of living freight to her destined port.

Her diminished size is in me, not in her. And just at the moment when someone at my side says: "There, she is gone!" there are other eyes watching her coming, and other voices ready to take up the glad shout: "Here she comes!"

And that is dying.

*by Henry Van Dyke*





“This is heard by the spirits of the elements



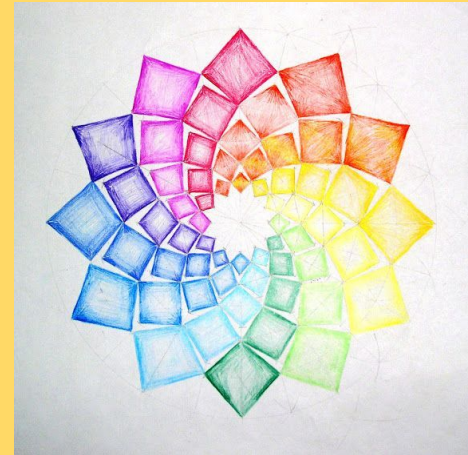
In the east, west, north and south”



HEARING...LANGUAGE...THOUGHT...I AM

SMELL...TASTE...VISION...WARMTH

TOUCH...WELL-BEING...MOVEMENT...BALANCE



loss

grief

pain

*suffering*

death

finitude

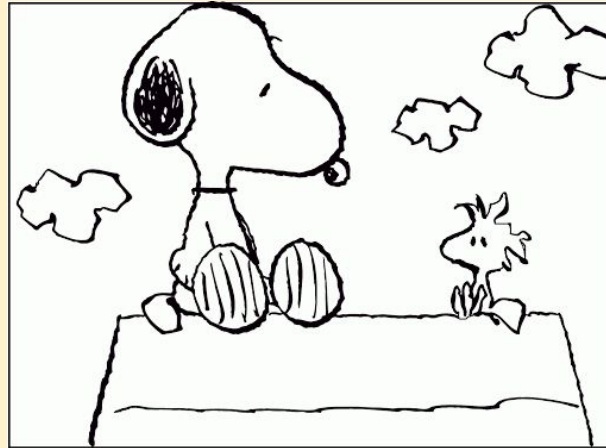
**“Grief is the natural response when someone you love is torn from your life. It is a natural process: a process of the heart being smashed and broken open, of reality shifting and hurling in place.”**

*(Megan Divine)*



**Name your pain.** Acknowledgement is the only medicine.  
It doesn't change anything. But validation gets us through.  
It means something.  
**Some things cannot be fixed. But they can be carried.**

*(Megan Devine)*



EAT \* DRINK WATER \* REST \* TAKE BREAKS \* SHOWER \* MOVE  
GO OUTSIDE \* TEND SOMETHING \* STAY SAFE \* SAY YES SAY NO

pause...

breathe...

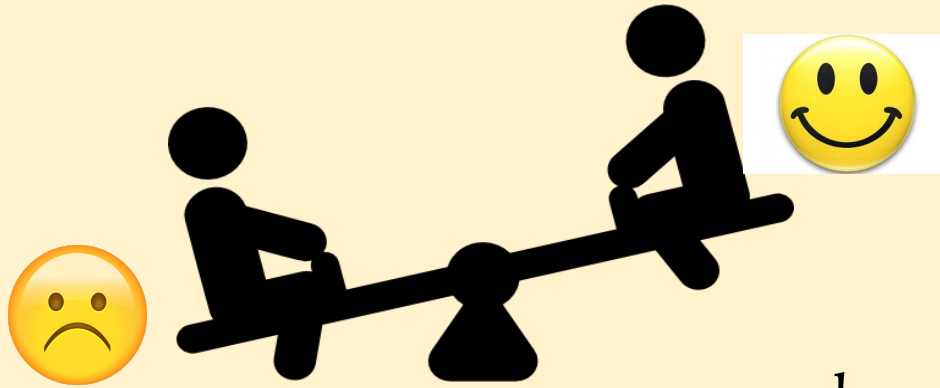
Take care of yourself.

What do you need right now?

positivity

## LIFE EVENTS

GAME  
OVER



new job

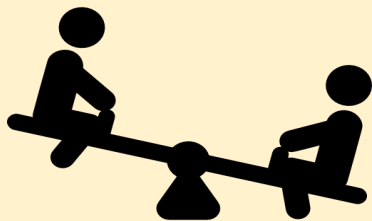
marriage

becoming a parent

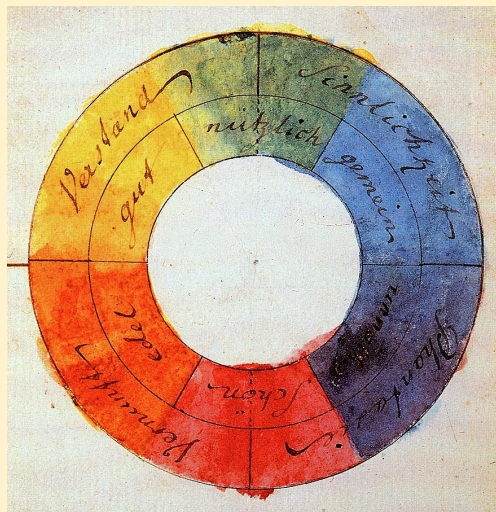
moving

graduating





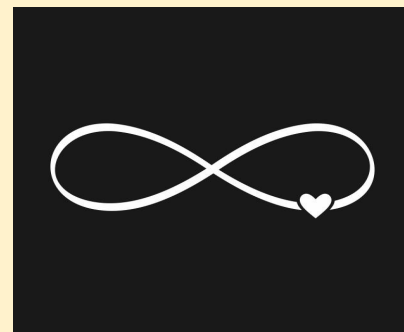
DISCERNMENT

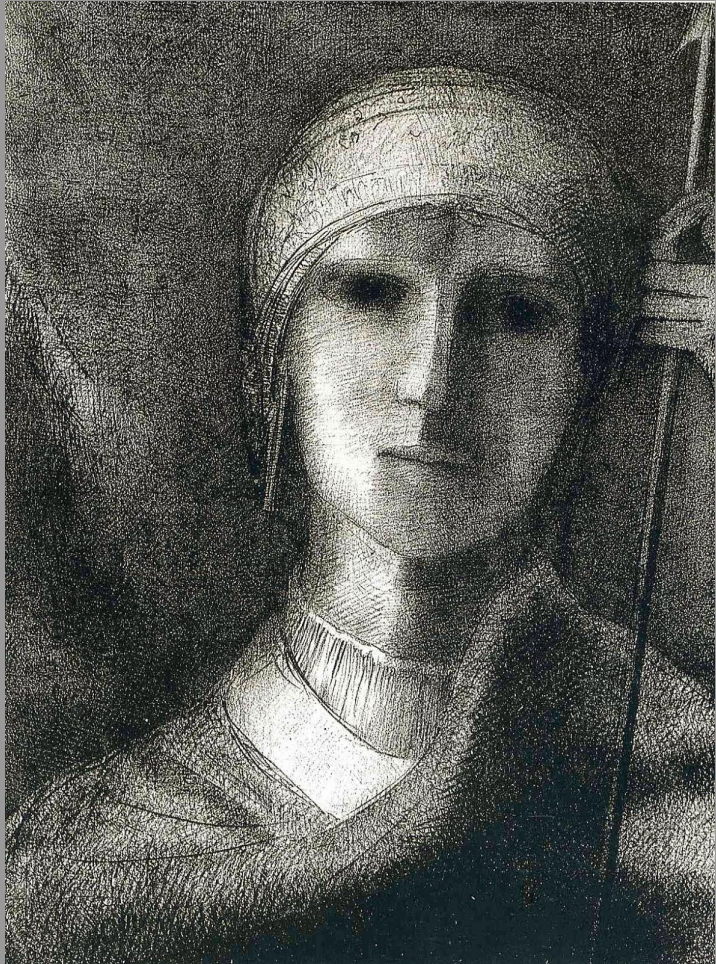


Goethe's Color Wheel



*compassion*





What ails you?

**Show up.**

**Listen.**

**Don't fix.**

**Above all, show your love.**

**Be willing to stand beside the gaping hole  
that has opened in your friends' life.**

*( Megan Devine)*

**It's supposed to hurt.**

**I can't take away the pain, but I'll sit with you in it.  
I'll be by your side so you don't feel alone.**

*(Brene Brown)*

*Why do we want to fix it?*

*Perhaps because we don't want ourselves to hurt...*

*Or do we think we can take away the suffering from the world?*

*Can you be a witness?*

*Can you pay attention as if you were supposed to report it later?*

*Can you build a basket in your heart to hold the pain of the other?*

*What do we need to do within ourselves to be able to be simply listening?*

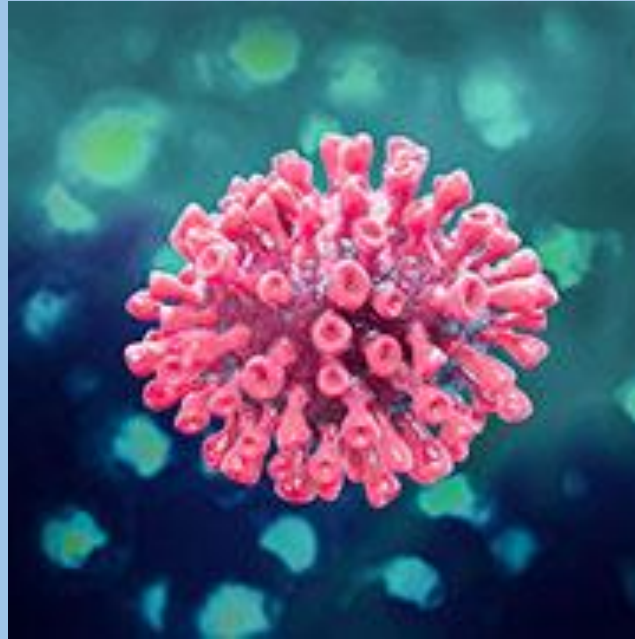
*“I need to die to myself to be able to be with the other.”*

Let's practice  
in the  
breakout rooms

**“Grief is the conflicting feelings caused by the end of or a change in a familiar pattern of behavior.”**

*(from Grief Recovery Method)*

**What  
DID NOT  
happen?**



**What  
WILL NOT  
happen?**

*What are your conflicting feelings? What do you miss?  
(What does **I miss you** mean now?)*

# Deep Peace

① Deep Peace of the running wave to you.

② Deep Peace of the flowing air to you.

③ Deep Peace of the shining stars to you.

④ Deep Peace of the quiet earth to you.

sic; Helen Bawden

Words: Fiona McCleod

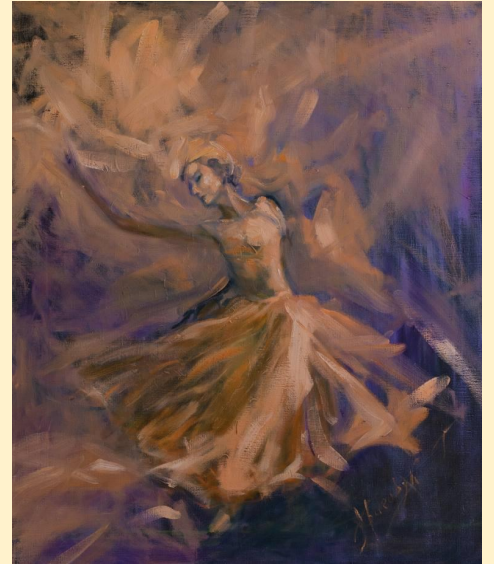
“It’s a radical act to let things hurt, without trying to talk someone out of it.”

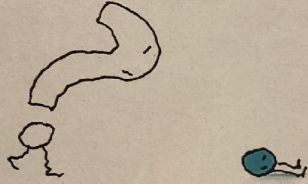


*...We are given mistakes,  
we are given nightmares-  
and our task is to turn them into poetry.  
And were I truly a poet  
I would feel that every moment of my life is poetic,  
every moment of my life is a kind of clay I have to mould.*

<https://www.thechristiancommunity.org/blog/the-three-gifts/>

# ART FOR THE SOUL





### Dark Period

By Garous Abdolmalekian

In this line  
or the next one  
there will be a period,  
an end to all the words.

Within the stark frame of the window,  
tired silhouettes  
and the dark dress  
of a little girl growing distant  
growing distant  
growing distant

In the stark frame of the window  
a dark period  
grows distant.

A period  
that is the end to all the words.



Once upon a time...



From New York Times Magazine  
(Feb 2, 2020)

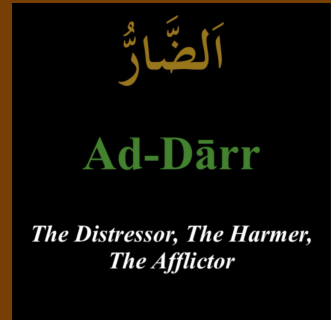
# Pain and Loss as a gateway for transformation

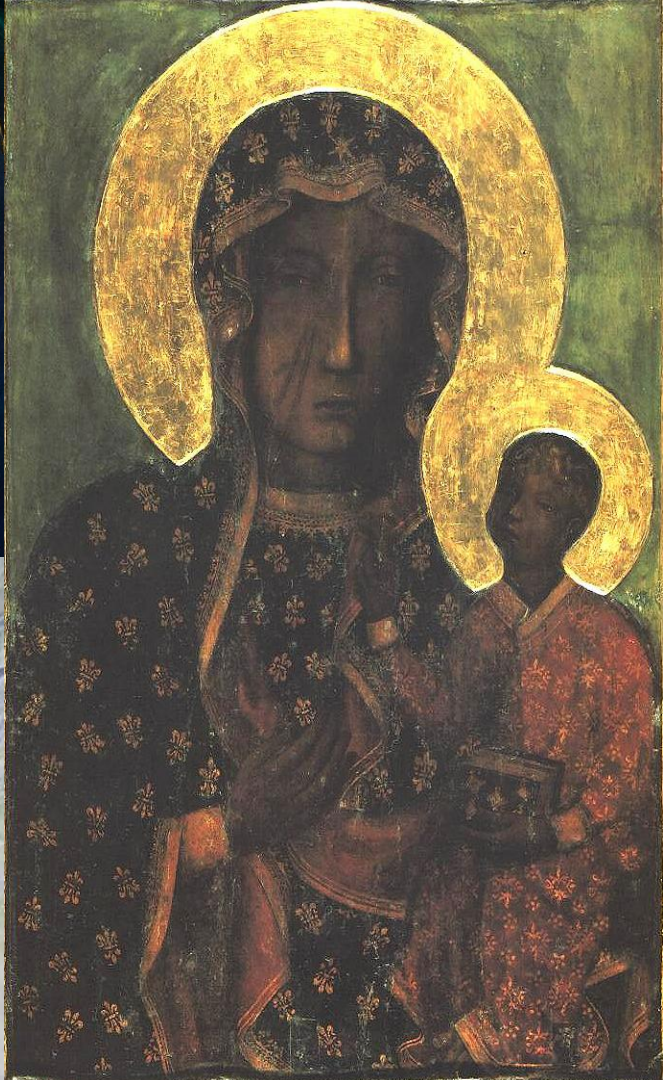


Is there a way you can use  
the pain that you are experiencing  
as a door that allows you  
to step into a different kind of life?

Center in your heart. Breathe Ya DaaRR with compassion.  
Place this pain in the hands of Allah.  
Feel it as part of the loss and need that inform a universe  
filled with forms that die and are reborn with other faces.

(The Sufi Book of Life by Neil Douglas-Klotz)





### Different Door by Matre

One thousand miles away from home  
I light a candle and I feel you in my room.  
One thousand miles and I'm not gone  
I'm even closer than I was right next to you.  
Looking for a bigger window I lit this flame  
Before I even put the lighter down you reached through  
I thought I'd left to separate  
I guess I left to learn you can't split God in two.

As I learn to pray day by day  
On the road  
Hope you hear me  
Still I walk away torn  
The only way to call you now  
Turn off my phone  
If you look you'll see me  
But I'll be walking through a different door.

THE END

