

How long should I grieve?

That's the most frequent question people ask me. I reply by asking, "How long will they be dead?"

If they are going to be dead for a long time, you will grieve for a long time. But here is the other part of that answer, you don't always have to grieve always with intense pain. My hope is that in time at your own pace, you grieve with more love.

I think about how buffalos run into the storm, thus minimizing how long they will be in it. They don't ignore it, run from it, or just hope it will go away, which is what we often do when we want to avoid our storms of emotion. We don't realize that by doing this, we're maximizing our time in the pain. The avoidance of grief will only prolong the pain of grief. Better to turn toward it and allow it to run its natural course, knowing that the pain will eventually change, that one of these days we will find the love on the other side of pain.

Now releasing the pain, does not mean we will be disloyal. In fact, when we *feel the pure love* and grief we can honor those who have died.