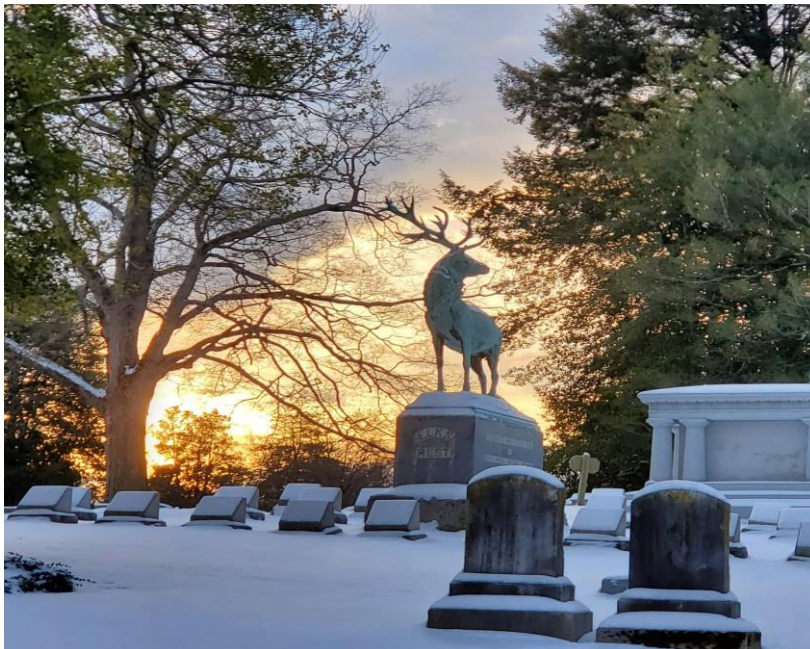


Meditation on Grief

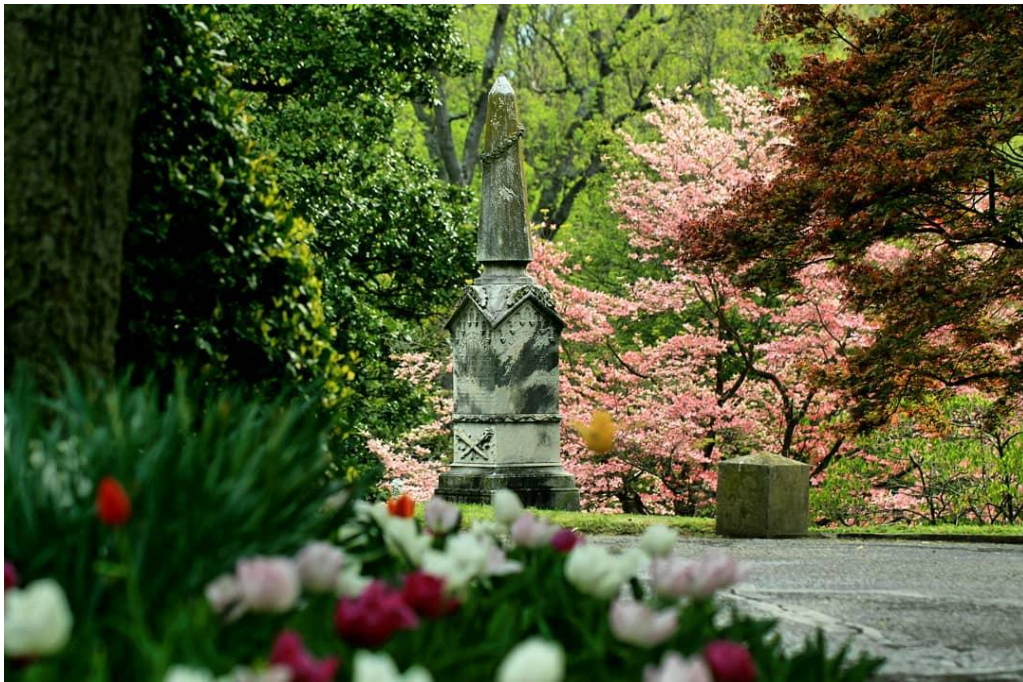
By Melanie Salsbury, Walking through Grief Program Coordinator

To live with and understand grief, humans need nature.



The experience of the natural world can reflect a grieving mind and body; cold and raging wind, relentless rain, a thunderstorm wild and unruly, along with intermittent mild and sunny skies.

But it is also the open arms of a tree filled landscape that provides us with the space for stillness and contemplation necessary to integrate the loss of a loved one.



Nature gives us the room to grieve without judgement or hurry. And at the same time, it models for us how the seasons change, and life goes on.

