

Tears, Crying... Weeping

“Lament the dead (in) words which break the heart...
to cause much weeping”

Shulkhan Arukh:Yoreh Deah 344:1

Jewish custom discourages the comforting of the bereaved prior to the burial of the dead. Unfortunately, much of society does not understand the importance of deeply feeling and mourning the death of your loved one before being comforted. Your tears are an outward expression of your grief and part of the healing process. “I cry every night.” a widower of six months told me recently. We met in a bookstore while looking at books on grief.



Forgetting & Remembering

We shared stories for about 45 minutes and exchanged e-mail addresses. A few days later I received an e-mail thanking me for book titles I had shared with him and saying, “You are right; sharing with others is better than books, although it is more difficult.” He said that he plans to re-enter a support group from which he had withdrawn. Honestly experiencing the depth of your grief is essential to starting the healing process. So cry, weep, let the tears flow. It is a way of finding relief and comfort.

In the early stages of grief, we tend to forget that our loved one died and we find ourselves stunned each time we remember again. This is especially true when waking up.

The fact that you are using your *Grief Healing Program* activities means that you hope to survive your loss. Congratulations! You have started the healing process. Trust that God (or nature) will do the healing.

Let it happen.

Coming in the Next Issue

Understanding Grief

Grief Work is a Process

Many Factors Influence Your Grief