

Grief

1. Do you know what grief is?
It's unreal: you **know** that any
minute
The person you are grieving
Will walk back through the door,
And you will hug them,
Talk and smile and sing together
As you always have.
2. Do you know what grief does?
It steals your privacy: when you
can't cope
With too much sympathy, but
people **WILL** speak,
Grief grabs you by the throat:
And you must run away
Before the howling starts.
3. Do you know where grief leads?
It makes you angry.
The one you've lost - how could he
leave you?
How could she be so selfish,
Could leave you desolate
To live your life alone?
4. Do you hear the grieving voice?
"If only..." is the chorus,
"What might have been" the verses;
The tumbrils of regret
Rolling in the mind
Ask why, and find no answer.
5. Do you know the grief of missing?
That much-loved voice is still,
The hands are cold and gone.
Yet you dare not love again
Lest you are hurt, or hurt another,
And all's to do again.
6. Do you know that grief will lessen?
Slipping away, like water
On shining pebbles;
The memories are dulled,
The voice no longer heard,
The face remembered
only in photographs;
Where acceptance feels like loss
And joy like treachery.
7. Grief will never leave you; but it can cease to be a burden,
Can be empowering, if you can find meaning in your grief,
And get your life back.
What that meaning will be, only you can know.
Some found a charity to fight the ills that killed their loved one,
Or work with people damaged in the self-same way;
Some use the understanding grieving gave them
To nourish others, and through giving
Learn to receive again, to come home
To the place where their exploring began,
And claim it for their own.