

# The Linkage Between Love and Grief

Because one person's  
heart stopped beating  
doesn't mean another's heart  
stopped loving.  
Because we buried a body  
doesn't mean we buried  
our feelings for  
that person.

Our love goes on,  
is turned loose,  
searching . . .  
searching . . .

Perhaps it is dangerous  
to love something that no longer exists in  
our physical presence  
. . . except to love in a kind of healthy remembering only.

If you didn't love,  
would you grieve?  
Grief, then, is love  
not wanting to let go.

From loss and grief then,  
we either: GROW  
into a richer capacity to love,  
knowing the limits of time  
and the transitory nature  
of things,

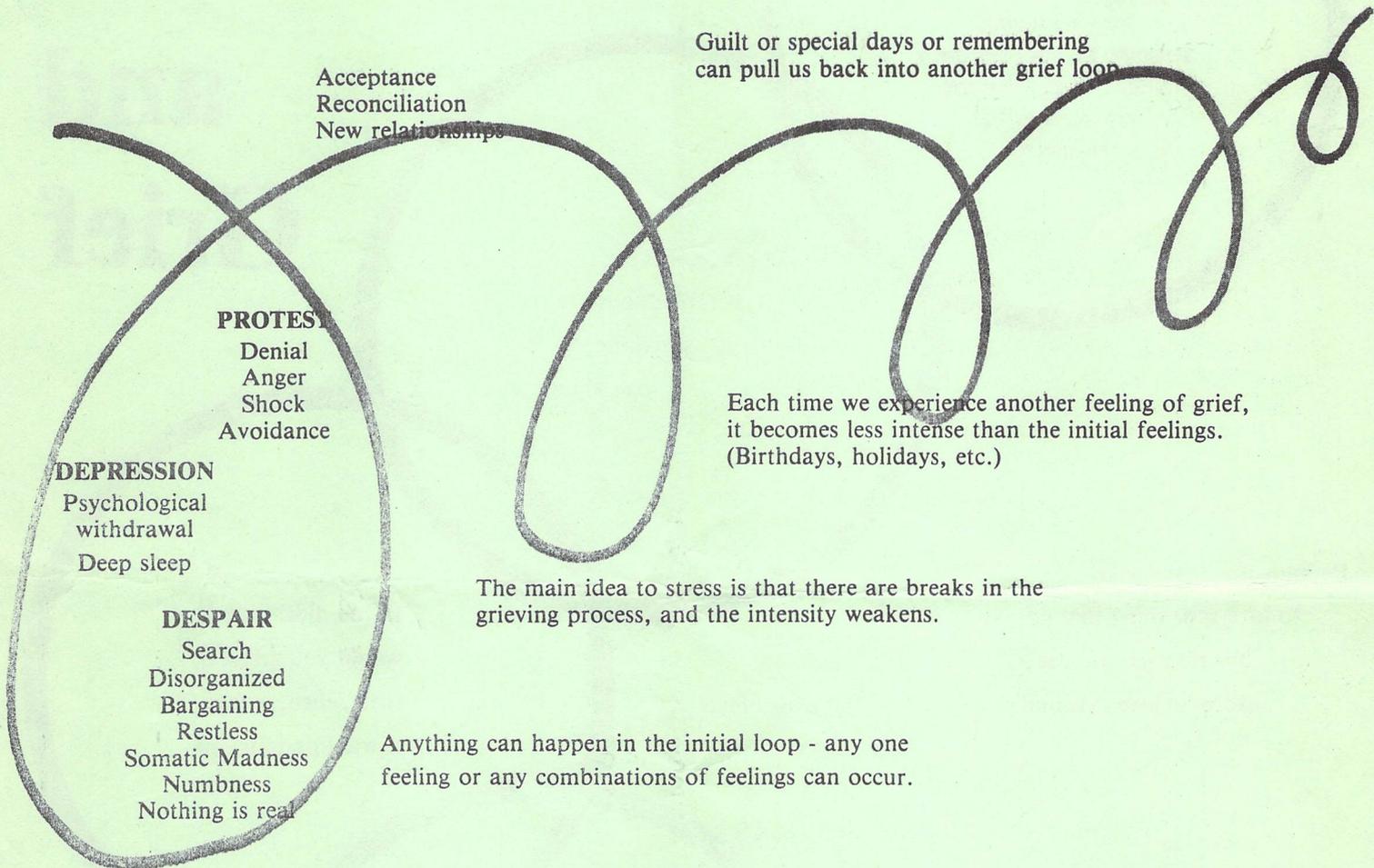
Perhaps the deeper you love,  
the deeper you grieve.  
Since nothing is permanent,  
if you choose to love,  
you must have the  
courage to grieve.

or DIMINISH into a lesser capacity to love, because of a fear of  
loss and pain.

Phyllis K. B.

# Another Image for Understanding Grief: THE GRIEF LOOP

*Each person's perspective enriches everyone's understanding. We thank Jeanne M. Harper who created (and permitted our sharing) the following "description of the grieving experience. Carol Sus, Racine Wisconsin, brought it to our attention.*



## The Grief Loop Process

