



Grief's Fingerprint

Imprinted on our hearts

How can we talk about grief in a way that people can understand that there is no comparison to our experience?

I like to think of grief as a fingerprint imprinted on our hearts. It's a unique pattern that is made just for us. It will always be there, no matter how much time, space, or change has happened. It is now a part of us.

While this fingerprint will never go away, I'd like us to take a moment to note that a fingerprint is weightless. I hope this takes away any fear that your grief journey will always be as heavy or burdensome as it might be now.

There might be a day when you have a nice day and feel light and content. Sometimes people will say that it can be scary to have these days, because there is a worry that we have forgotten about our person. But remember that even on these days, your grief fingerprint is still there.

On the days that you decide to put the heaviness of grief down for a bit and step into life, I hope it comforts you to know that the grief fingerprint will be there to keep the connection of your person continually close to your heart. I hope that will help you see that setting your grief to the side doesn't mean that you can't bring the memory of your person with you, wherever you may venture on those days.

I hope this is a gentle reminder that grief is not always about the heavy feelings, the difficult thoughts, and the ever-changing landscape of this new season of life.

Sometimes grief is a small smile as we remember something special about our person, bringing them with us into the future in small ways that feel right to us, honoring and remembering them, and moving forward in life while integrating grief into our lives. Sometimes, it can be a gift to still feel a connection and the love that lives within us - always.