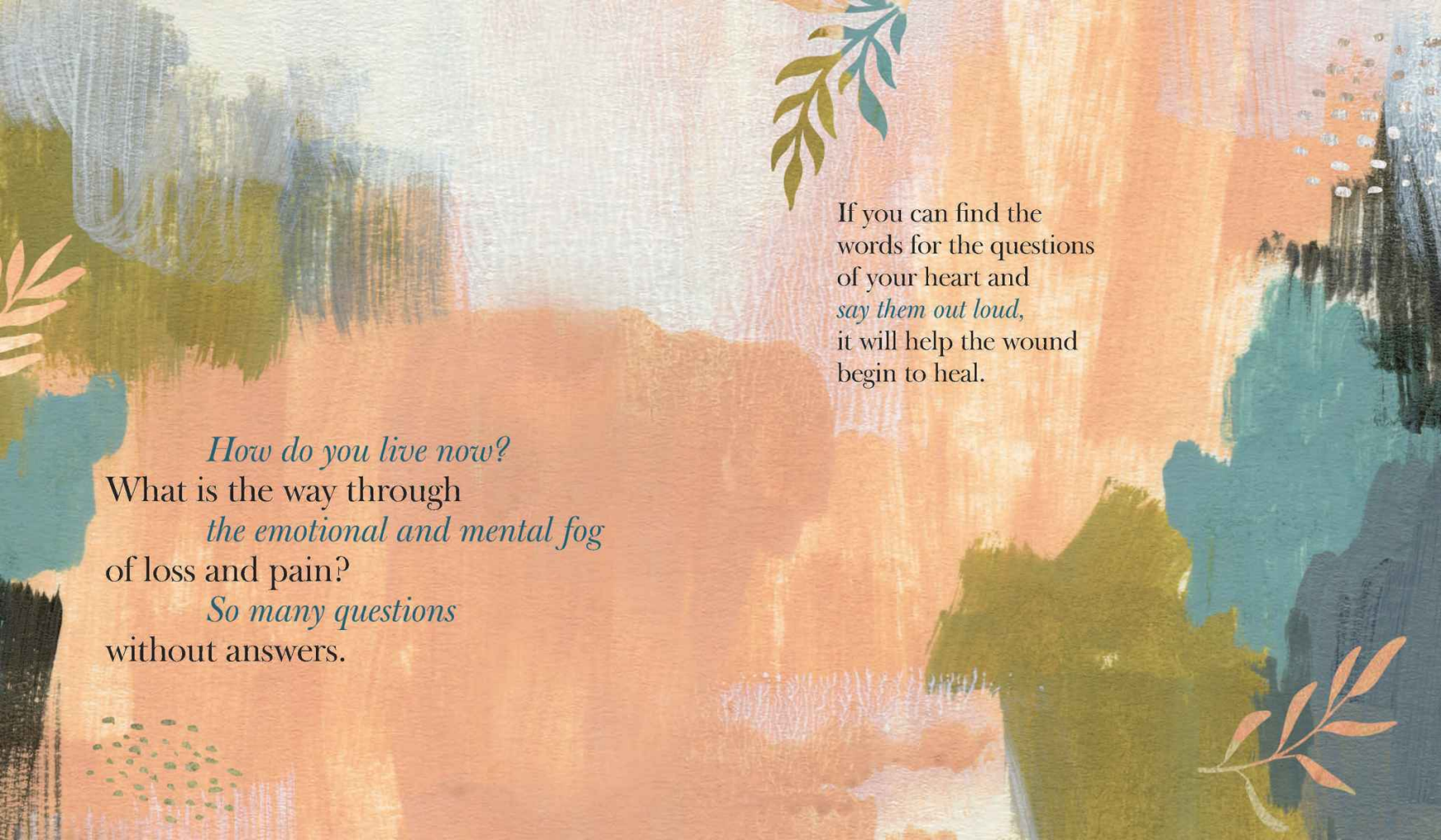



Nothing comes close to the
enduring pain
and loneliness of the loss
of someone special,


someone whom
you can never replace,
someone who has been an
intimate part of your life.

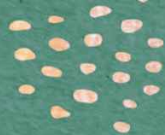


How do you live now?
What is the way through
the emotional and mental fog
of loss and pain?
So many questions
without answers.



If you can find the
words for the questions
of your heart and
say them out loud,
it will help the wound
begin to heal.

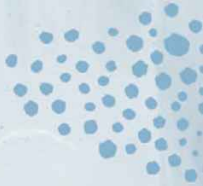




It is perfectly normal to feel
heartbroken, angry, and a dull,
aching aloneness . . .

even when you're surrounded
by friends and family.

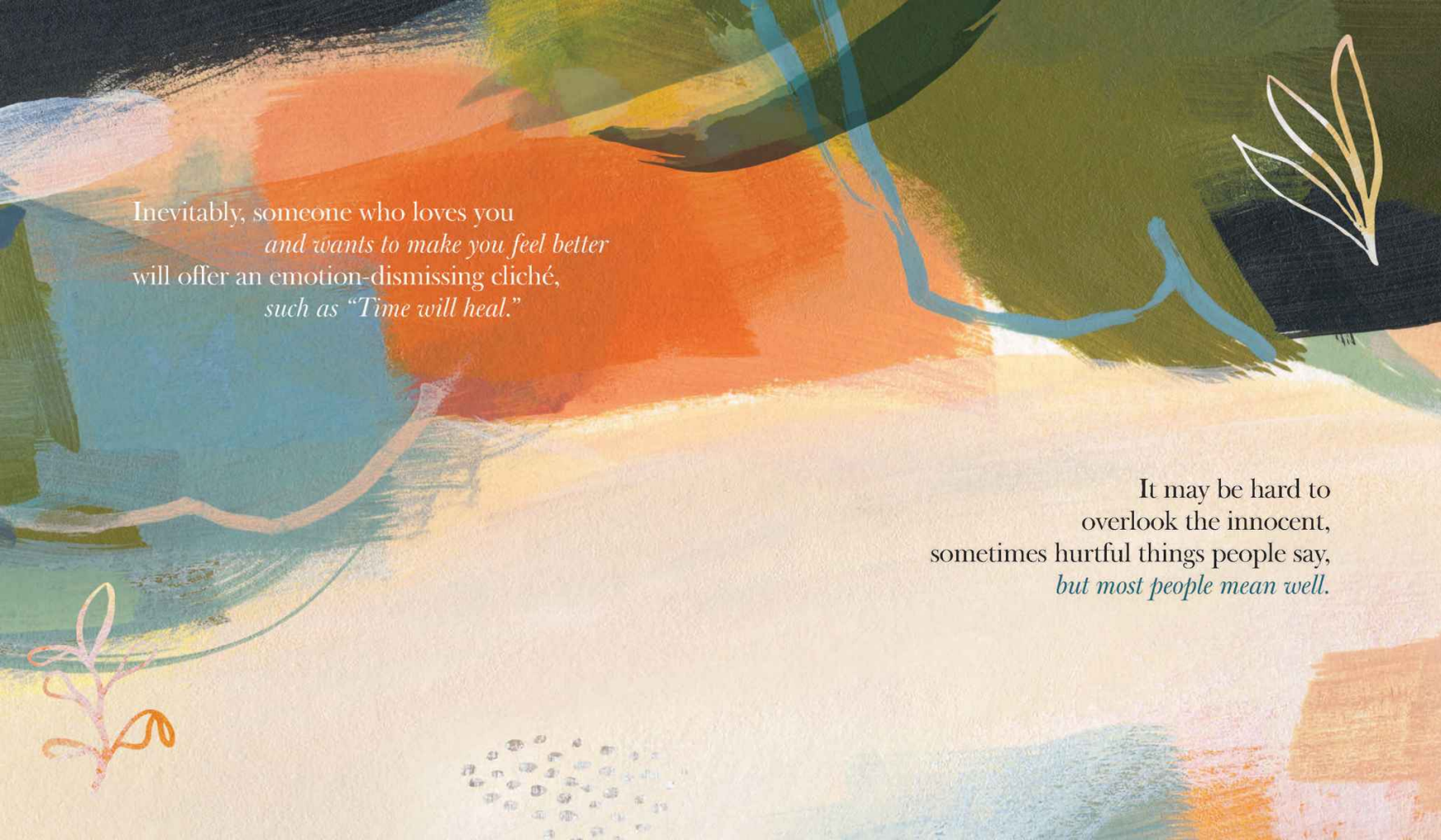




It takes time
to find your way through
this confusing maze of grief.

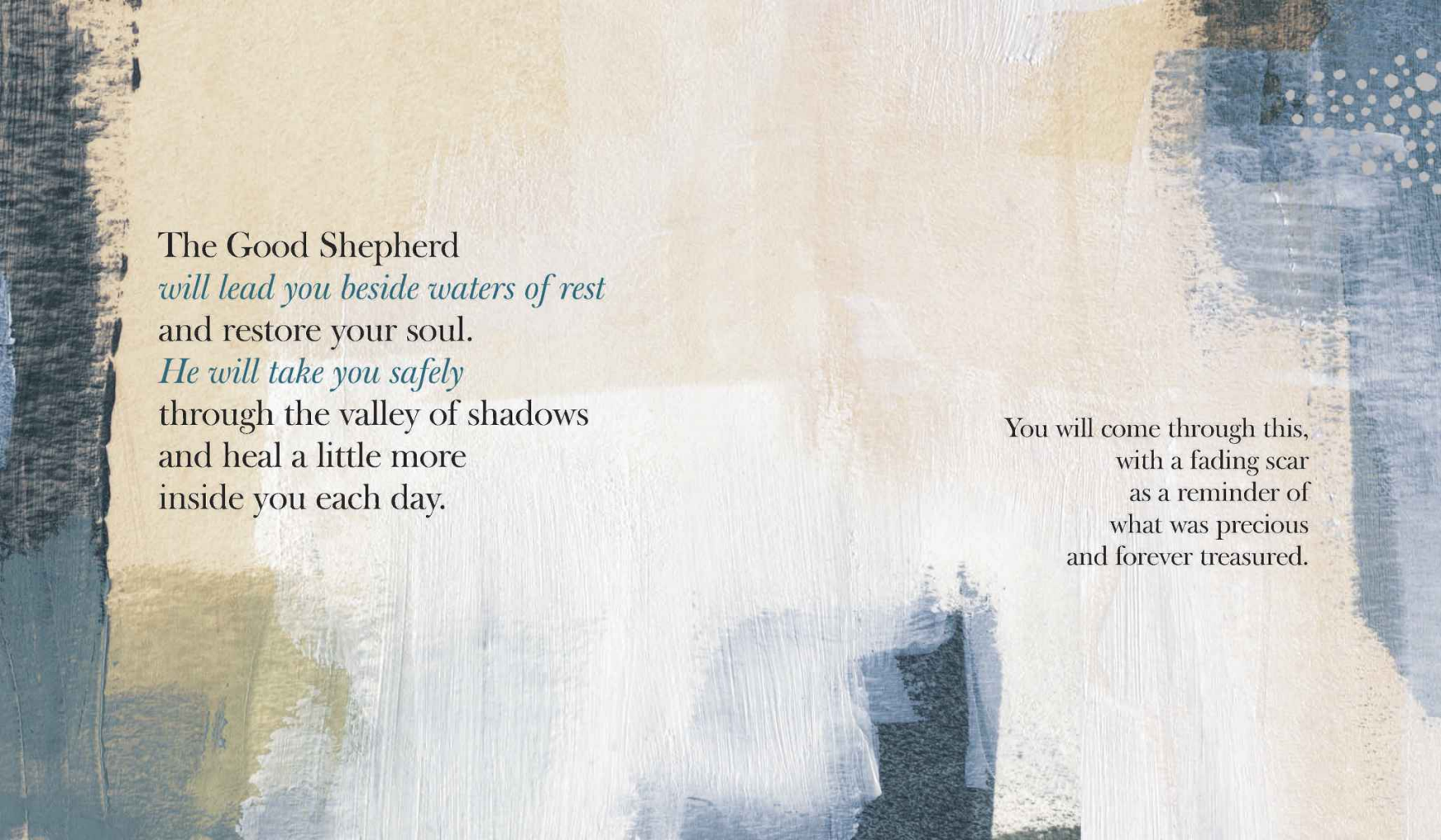
*Much has ended,
much has changed,
but new life slowly emerges
from the rubble of loss and pain.*



An abstract painting with a rich palette of colors including deep blues, vibrant oranges, earthy greens, and soft yellows. The composition features broad, expressive brushstrokes and organic, flowing shapes. In the upper right, there is a white, stylized leaf-like motif. In the lower left, a pinkish-red, vine-like shape is visible. The overall texture is painterly and layered.

Inevitably, someone who loves you
and wants to make you feel better
will offer an emotion-dismissing cliché,
such as “Time will heal.”

It may be hard to
overlook the innocent,
sometimes hurtful things people say,
but most people mean well.



The Good Shepherd
will lead you beside waters of rest
and restore your soul.
He will take you safely
through the valley of shadows
and heal a little more
inside you each day.

You will come through this,
with a fading scar
as a reminder of
what was precious
and forever treasured.