



## **My Wish For You**

My wish for you is that you can find peace in not running, in not operating on hyper speed, in not finding joy only in distraction

That you can find peace in the stillness

That you can greet the silence rather than race to fill it

That you can meet your grief rather than turn away from it

That in doing so, you can be less owned by it, less weighed down by it, more free to allow the grief to come and go, more welcoming of loss being part of you and and yet

Not all of you

--Grief Uncovered, New York, NY

**OUR HOUSE**

**[www.ourhouse-grief.org](http://www.ourhouse-grief.org)**