

"We don't have much knowledge in grief, so this mass of darkness makes us small. So in some ways, not having practices to move through grief keeps our life small. When we step across that threshold and enter the room of grief, it has a way of opening up the rest of our life. So part of what our grief is waiting for is the village to show up, and the village can be small, you know. If we have only two or three people gathered to sit down and say 'Tonight, I want to tell you about my sorrow. I'm telling you something so deep about me. Why I'm angry is because something got to me so much at the heart of who I am. Something I love, something I cherish, something I want to protect has been injured and violated. So I need to tell you about this, so you know me more deeply.' So there's this perpetual, ongoing feeling of loss that we never really resolve."