



How do we let a loved one go?

How do we say, “I’m ready now to go on without you”?

How can we ever have a clue of what that means?

All of a sudden the moment is upon you, and there’s no turning back.

And then we know what grief is...guilt and love and things undone.

In trying to prepare you will fail in some way, be it subtle or looming.

But there is peace too.

Peace and acceptance and overwhelming love that you maybe weren’t aware of.

Waves and waves of conflicting emotion, and laughter, and memories you hadn’t been able lately to recall, come flooding back in shared company... and it’s all about them...

And there’s gratitude...so much of that, that you had such a wonderful person in your life.

A part of you has passed away, but much is carried every day within you,
And will, as long as you live.

There was that final goodbye, but it was not final, because when someone you love becomes a memory,
That memory becomes a treasure.