

The Gravity of Grief

By Thom Dennis

The gravity of grief
hangs like a millstone around the heart;
the weight of which
can drag you down.

Beneath the waves of grief
is not the place you want to be
for any extended period of time -
if you know what I mean.

When you feel you're going under,
the instinct is to catch your breath
and hold it,
but the opposite is actually true.

Blowing out the bubbles
also expels the toxins that are trapped
between the breaths,
the fear, the guilt, the regret, and so on.
Exhale and let them drop to the riverbed like lead.

Once released, you will find that the
love that remains is what makes us buoyant.
It's hope that keeps us afloat.

When you've breached the surface,
the trick is to roll over onto your back,
point your feet down stream,
and learn to go with the flow;
remembering always that rocks are harder than bones.

