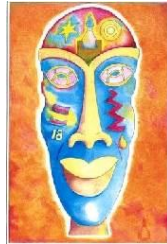


Bereaved Families of Cape Breton

Grief Masks: A Window to the Soul



So what is a grief mask? Firstly, think of it in a context of hidden emotions. People in bereavement often put up a brave front, or pretend that they are fine, when they're not. You might say they are actually putting on a "grief mask" to hide their true feelings from the outside world.

Next, think of a "grief mask" as a creative tool, a sculpture that can help a grieving person express his true feelings or deep emotions. The making of a grief mask is powerful. As you create the facial form, you can begin to unmask your soul. In this way, your deepest weaknesses, fears and pain, as well as your strengths and joys, may be brought to the surface.

Give this interesting and different exercise a try. And remember... artwork can never hurt you. Much better to extract, express and release these emotions than to keep them bottled up inside.

Use clay or paper mache to form the mask, or facial shape... make it as realistic or bizarre as you wish. Harden the mask, then paint it. Keep it in your memory box or hang it on the wall.

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