

GRIEF HEALINGS 365



DAILY INSPIRATIONS FOR MOVING
FORWARD TO YOUR NEW NORMAL

R. GLENN KELLY

Grief Healing

365

Daily Inspirations for Moving
Forward to Your New Normal



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Grief Healings 365

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Dedication

To my loving son
Jonathan Taylor Kelly.

I Love You

And

Miss you!

Introduction

Our existence on earth is not infinite. Shortly after the breath of life came to the Garden of Eden, so too did the ultimate reality of death and losing someone loved deeply. Mourning and grief, therefore, are as old as mankind itself, and have frequently been the impassioned topic of many well-known philosophers, poets and profits over the centuries.

When grief is heavy it is difficult for any words to ease the pain. Yet, along my own journey towards a “New Normal”, I would occasionally pick up renowned quotes, verses or famous lines which seemed to resonate within my aching heart. I held on to those little gems of wisdom, taking comfort in the awareness that almost every soul that ever existed had also traveled the painful path of loss.

In *Grief Healings 365*, I have compiled only those words of wisdom which will motivate you to “Move Forward” in your grief journey. Within these pages are noted and inspirational lines from such greats as Moses, Plato, Lao Tzu, Abraham Lincoln and other brilliant minds of the past. You will also find poetry and pieces of creative works from Shakespeare, Dickens, Twain and others, as well as specific Bible verses, cultural prayers and proverbs on grief.

This collection of inspiring daily words is yours to use as you wish. There is a quote for each day of the year, beginning with January 1st on page one, January 2nd on

page two, and so forth through December 31st. You do not, however, have to begin this book on page one. In fact, my recommendation is that you begin with the month and day in which you first picked up the book. Keep it at your bedside and begin each day with a new inspiration and carry the thought with you until you fall asleep that night.

Almost every page inside has space for you to jot down your own thoughts or interpretations of the day's passage. If you take advantage of this, as you work through each day and return to the page a year later, your own notes will bear witness to how far you moved forward in your journey. Do not stop because you have already read each day throughout the previous year. Instead, continue the inspirational cycle and continue to heal.

I do hope the revered words contained within *Grief Healings 365* will give you the comfort given to me. May you find relief in the knowledge that throughout the ages there have been those who were committed to healing and moving forward in loss. May you too find peace and purpose in their words.

JANUARY FIRST



"There is a sacredness in tears.

They are not the mark of weakness,
but of power.

They speak more eloquently than ten
thousand tongues.

They are the messengers of
overwhelming grief, of deep contrition,
and of unspeakable love."

Washington Irving

Washington Irving, 1783 - 1859, American author, essayist, biographer, historian, and diplomat of the early 19th century. He is best known for his short stories "Rip Van Winkle" (1819) and "The Legend of Sleepy Hollow" (1820).

JANUARY SECOND



“The immortality of the soul is a matter which is of so great consequence to us and which touches us so profoundly that we must have lost all feeling to be indifferent about it.”

Blaise Pascal

Blaise Pascal, 1623 - 1662, French mathematician, physicist, inventor, writer and Christian philosopher.

JANUARY THIRD



"What moves through us is a silence, a
quiet sadness, a longing for one more
day, one more word, one more touch.
We may not understand why you left
this earth so soon, or why you left
before we were ready to say good-bye,
but little by little, we begin to
remember not just that you died,
but that you lived.

And that your life gave us
memories too beautiful to forget"

Anonymous/Unknown

JANUARY FOURTH



“Grief can be the garden of
compassion. If you keep your heart
open through everything, your pain
can become your greatest ally in your
life's search for love and wisdom.”

Rumí

Jalāl ad-Dīn Muhammad Rūmī, 1207 - 1273, also known as Jalāl ad-Dīn Muhammad Balkhī, and more popularly simply as Rumi, 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic.

JANUARY FIFTH



“Christ is the Good Physician.
There is no disease He cannot heal;
no sin He cannot remove; no trouble
He cannot help. He is the Balm of
Gilead, the Great Physician who has
never yet failed to heal all the spiritual
maladies of every soul that has come
unto Him in faith and prayer.”

James H. Aughey

James H. Aughey, 1828 - 1911, minister imprisoned and condemned to execution by the arrogant officials of the South for his outspoken anti-Secession and pro-Union beliefs.

JANUARY SIXTH



And soon, too soon,
we part with pain,
To sail o'er silent seas again.

Thomas Moore

Thomas Moore, 1779-1852, Irish poet, singer, songwriter, and entertainer.

JANUARY SEVENTH

“You must certainly take great comfort in knowing that when God was originally designing His divine plan for that someone you love but sadly lost, He pointed down from Heaven and said, ‘There! Right there is someone worthy of you spending time with on earth.’ That alone attests to the love that God has for you.”

R. Glenn Kelly ~ The Griefcase

R. Glenn Kelly, 1962 - present, American Grief Support writer and advocate. Author of “Sometimes I Cry in The Shower: A Grieving Father’s Journey to Wholeness and Healing,” and, “The Griefcase: A Man’s Guide to Healing and Moving Forward in Grief.”

JANUARY EIGHTH



“Grief is a normal and natural response to loss. It is originally an unlearned feeling process. Keeping grief inside increases your pain.”

Anne Grant

*Anne Macvicar Grant, 1755 - 1838, is a Scottish poet and author best known for her collection of mostly biographical poems *Memoirs of an American Lady* as well as her earlier work *Letters from the Mountains*.*

JANUARY NINTH



Prayer

O God, who brought us to birth,
and in whose arms we die, in our grief
and shock, contain and comfort us;
embrace us with your love,
give us hope in our confusion and
grace to let go into new life;
through Jesus Christ.

Amen.

JANUARY TENTH



“What is lovely never dies,
but passes into other loveliness.”

Thomas Bailey Aldrich

*Thomas Bailey Aldrich, 1836 - 1907, was an American literary figure notable for his long editorship of *The Atlantic*, and for his poetry, including "The Unguarded Gates."*

JANUARY ELEVENTH



But life is sweet, though all that
makes it sweet

Lessen like sound of friends
departing feet;

And death is beautiful as
feet of friend.

Coming with welcome at our
journey's end.

James Russell Lowell

James Russell Lowell, 1819 - 1891, was an American Romantic poet, critic, editor, and diplomat.

JANUARY TWELFTH



“The final hour when we cease to exist does not itself bring death; it merely of itself completes the death-process. We reach death at that moment, but we have been a long time on the way.”

Lucius Annaeus Seneca

Lucius Annaeus Seneca, 65 - 4 BC, Roman philosopher and playwright.

JANUARY THIRTEENTH



“Human existence is girt round with mystery: the narrow region of our experience is a small island in the midst of a boundless sea. To add to the mystery, the domain of our earthly existence is not only an island of infinite space, but also in infinite time. The past and the future are alike shrouded from us: we neither know the origin of anything which is, nor its final destination.”

John Stuart Mill

John Stuart Mill, 1806 - 1873, English philosopher, political economist and civil servant.



Jewish Blessing of the Mourners

Those who are worn out and crushed by this mourning, let your hearts consider this: this is the path that has existed from the time of creation and will exist forever.

Many have drunk from it and many will yet drink. As was the first meal, so shall be the last.

May the master of comfort comfort you.

Blessed are those who comforts the mourners.

JANUARY FIFTEENTH



Our birth is but a sleep
and a forgetting;
The Soul that rises with us,
our life's Star,
Hath had elsewhere its setting.
And cometh from afar.

William Wordsworth

William Wordsworth, 1770 – 1850, English Romantic poet who helped to launch the Romantic Age in English literature.

JANUARY SIXTEENTH



“The lights of stars that were
extinguished ages ago still reaches us.
So it is with great men who died
centuries ago, but still reach us with
the radiations of their personalities. “

Kahlil Gibran

Khalil Gibran, 1883 – 1931, Lebanese-American artist, poet, and writer
of the New York Pen League.

JANUARY SEVENTEENTH



“It is impossible that anything so natural, so necessary, and so universal as death should have been designed by Providence as an evil to mankind.”

Jonathan Swift

Jonathan Swift, 1667 – 1745, Anglo-Irish satirist, essayist, political pamphleteer, poet and cleric who became Dean of St Patrick's Cathedral, Dublin. Swift is remembered for works such as Gulliver's Travels.



Tao Te Ching
Verse 16

All creatures in the universe return to
the point where they began.

Returning to the source is tranquility
meaning submitting to what is and what
is to be.

***Tao Te Ching**, central Taoist text, ascribed to Lao-tzu, the traditional founder of Taoism. Apparently written as a guide for rulers, it defined the Tao, or way, and established the philosophical basis of Taoism.*



He Is Not Dead

I cannot say, and I will not say
That he is dead. He is just away.
With a cheery smile, and a wave of the hand,
He has wandered into an unknown land
And left us dreaming how very fair
It needs must be, since he lingers there.
And you—oh you, who the wildest yearn
For an old-time step, and the glad return,
Think of him faring on, as dear
In the love of There as the love of Here.
Think of him still as the same. I say,
He is not dead—he is just away.

James Whitcomb Riley

James Whitcomb Riley, 1849 – 1916, American writer, poet, and best-selling author. During his lifetime he was known as the "Hoosier Poet" and "Children's Poet" for his dialect works and his children's poetry respectively.

JANUARY TWENTIETH



Unable are the loved to die.

For love is immortality.

Emily Dickinson

Emily Elizabeth Dickinson, 1830 - 1886, American poet. born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life highly introverted.

JANUARY TWENTY-FIRST



“What greater thing is there for two human souls, then to feel that they are joined for life—to strengthen each other in all labor, to rest on each other in all sorrow, to minister to each other in all pain, to be one with each other in silent unspeakable memories at the moment of the last parting?”

George Eliot

*Mary Ann Evans, 1819 – 1880, known by her pen name **George Eliot**, was an English novelist, journalist, translator and one of the leading writers of the Victorian era.*



“I believe that when death closes our eyes we shall awaken to a light, of which our sunlight is but the shadow.”

Arthur Schopenhauer

*Arthur Schopenhauer, 1788- 1860, German philosopher best known for his 1818 work *The World as Will and Representation*, in which he characterizes the phenomenal world, and consequently all human action.*

JANUARY TWENTY-THIRD



“Love never dies, and what is love but an energy. Your love continues to grow over time. If the love energy is blocked this causes prolonged grief and physical and emotional turmoil. It is when the love is allowed to flow again into an action of service to mankind in your loved one’s name that your heart can begin to slowly heal.”

Deana Martin-Owens

Deana Martin-Owens, 1965 – Present, American author and certified Grief Support Councilor.

JANUARY TWENTY-FOURTH



“Joy and grief were mingled in the cup;
but there were no bitter tears:
for even grief itself arose so softened,
and clothed in such sweet and tender
recollections, that it became a solemn
pleasure, and lost all character of
pain.”

Charles Dickens

Charles John Huffam Dickens, 1812 – 1870, English writer and social critic. He created some of the world's best-known fictional characters and is regarded as the greatest novelist of the Victorian era.

JANUARY TWENTY-FIFTH



The Holy Bible

Those who sow in tears
shall reap in joy.

Psalm 126:5

JANUARY TWENTY-SIXTH



“Have courage for the great sorrows
of life and patience for the small ones;
and when you have laboriously
accomplished your daily task, sleep in
peace.

God is awake.”

Victor Hugo

Victor Hugo, 1802-1885, French poet, novelist and statesman.

JANUARY TWENTY-SEVENTH



“Surely God would not have created such a being as man, with an ability to grasp the infinite, to exist only for a day! No, no, man was made for immortality.”

Abraham Lincoln

Abraham Lincoln, 1809– 1865, the 16th President of the United States, serving from March 1861 until his assassination in April 1865. Lincoln led the United States through its Civil War and abolished slavery, strengthened the federal government, and modernized the economy.

JANUARY TWENTY-EIGHTH



I thought that I would miss you so,
and never find my way.

And then I heard the angel say
She's with you every day.

The sun, the moon, the wind, the stars,
will forever be around,
reminding you of the love you shared,
and the peace she's finally found.

Anonymous/Unknown

JANUARY TWENTY-NINTH



“The world is so empty if one thinks only of mountains, rivers and cities; but to know someone who thinks and feels with us, and who, though distant, is close to us in spirit, this makes the earth for us an inhabited garden.”

Johann Wolfgang von Goethe

Johann Wolfgang von Goethe, 1749 – 1832, German writer and statesman. His body of work includes epic and lyric poetry.



The Holy Bible

My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.

John 10:27-29

JANUARY THIRTY-FIRST



“No one feels another's grief, no one understands another's joy. People imagine that they can reach one another. In reality they only pass each other by.

Franz Peter Schubert

***Franz Peter Schubert**, 1797 - 1828, Austrian composer. Schubert died before his 32nd birthday, but was extremely prolific during his lifetime. His output consists of over six hundred secular vocal works, seven complete symphonies, sacred music, operas, incidental music and a large body of chamber and piano music.*

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R. Glenn is the author of the self-help books, “Sometimes I Cry in the Shower: A Grieving Father’s Journey to Wholeness and Healing,” and “The Griefcase: A Man’s Guide to Healing and Moving Forward in Grief.” He has

appeared on television, support workshops and even college universities to discuss moving forward towards the new normal in recovering from traumatic loss.

Look for both books in paperback and eBook on-line at R. Glenn’s website, rglennkelly.com, Amazon, Barnes and Noble and bookstores everywhere.

If you would like to enlist R, Glenn Kelly for speaking engagements, interviews, articles or support, please go to rglennkelly.com or contact him by email at rglennkelly@rglennkelly.com or [@rglennkelly](https://twitter.com/rglennkelly) on Twitter.

