

# Grieve Dammit – It's Inviting You Home

[BY KRISSY VANALSTYNE](#)

Grieve dear ones,  
grieve fully.

And make your experience into the art,  
that only you can.

Grieve the lies.

The betrayal.

The loss.

The confusion.

The clarity.

The shock.

The manipulation.

The control.

The parts of self we needed to be, and face.

Grieve the ego bits that pulled us away from love.

Because even in those moments,  
you were love in another form.

Anger.

Protection.

Judgment.

We needed to go there.

Can we love that we went there?

It might not have been the gentle part of love,  
but it was love, all the same.

Know that.

Grieve the shame.

The blame.

The avoidance of responsibility.

The lack of integrity.

The fear.

The attachments.

The expectations.

The weakness and impurities.

Grieve what was.

What will never be.

Grieve the endings.

The change.

The unanswered questions.

The silence.

Grieve every thought,  
feeling, and emotion  
that will wash over,  
and through your system.

Grieve.

The parts that loved,  
hard, and that opened to all,  
that came your way.

# ***Grieve the beliefs that you weren't enough.***

The beliefs that you were too much.

Grieve it all, dear ones.

Grieving is not a sign of weakness,  
it's a sign of the ability to feel,  
and that your senses are  
beautifully alive in you.

It is your strength.

It is your human beauty.

It is your right.

To feel.

It is the release.

The flight.

The transcendence.

The fire that will transform you.

If you let it.

***Grieving is the return home that comes after walking the stretches of the journey that may have felt like it took you away from there – but it was only ever delivering you there, in new ways.***

Grieve the home you temporarily shared, that two had built,

with energetic pathways that brought you to the *our*.

Grieve the *our*.

The *we*.

Grieve the words and names you will no longer hear.

Grieve the new ones that you heard, that you knew were leading you to this place in time.

Grieve the subtle shifts, the signs, and all the parts that showed us, but that we weren't ready to see just yet.

But now we can.

Grieve, dear ones, for this is the healing channel that will release the weights, the ties, and the energy that the entire experience was delivering you to.

So, grieve.

And don't worry about the time it takes or the notion that love was lost somehow along the way, because it wasn't.

For love, to the ones who do come home, for the brave who grieve fully, and unapologetically, they know, it is only ever waiting to be found.

So grieve.

For love is lost most, in there, when we don't.

Photo by [Annie Spratt](#) on [Unsplash](#)

**For more self-study, [The Urban Howl](#) recommends [The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt](#) .**

*Sip a little more:*

*Be With The Ones Who Energetically Pull Us In  
Fiercely And Hold Us There Safely*

*Stop Meddling & Let Everyone Experience Their  
Own Way Home*

*Dear Sensitive Creatures – We Need You At Your  
Most*

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