

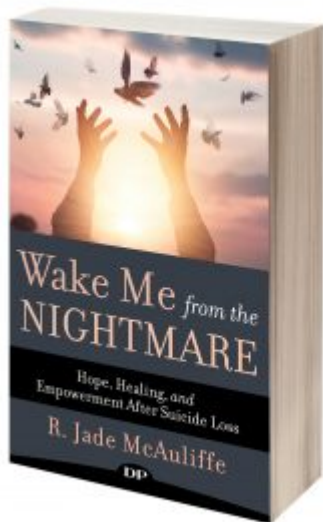
# Our Season Of Grief: A Meeting Of Hearts, Both Healing & Raw

[BY R. JADE MCAULIFFE](#)

I wasn't ready  
and neither were you  
our wounds still open  
the grieving not through.  
A meeting of hearts  
both healing yet raw  
holding our breath  
to avoid the pitfalls.  
I looked at you smiling  
attempting to free  
the lighthearted one  
that you asked me to be.  
Everything's changed  
it had to, I know  
I'd hoped for connection  
in spite of it, though.  
Our talk, it stayed small  
and walls straight and tall  
left no room for comfort  
or closeness at all.  
Camped on my island  
the feeling was strong  
that it was too much  
and I didn't belong.  
I sensed my presence  
was painful for you  
as was seeing her face

as I entered the room.  
Wish I wasn't broken  
or bleeding or blue  
I want to be light  
and easy for you.  
This is my journey  
and though it won't be  
the one you have planned  
it is just right for me.  
So in our sweet time  
we'll remember the love  
that brought us together  
is waiting above.  
She won't let us down  
and hears when we cry  
now closer than ever;  
no need for goodbye.

Photo by [Marc Schaefer](#) on [Unsplash](#)



***Click on this link to purchase a copy of R. Jade McAuliffe's book, ["Wake Me from the NIGHTMARE: Hope, Healing, and Empowerment After Suicide Loss"](#)***

For more self-study, [The Urban Howl](#) recommends [The Universe Has Your Back: Transform Fear to Faith](#) .

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You're Blue In The Face***

***Suicide Grief: Piecing Together Shards Of  
Shattered Hearts***

***Confessions Of A Grieving Co-Dependent, Who's  
Now With Her One True Love***

I hope you will go out and let  
stories, that is life, happen to you,  
and that you will work with these  
stories... water them with your  
blood and tears and your  
laughter till they bloom, till you  
yourself burst into bloom.

Clarissa Pinkola Estés

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**#RAWHEARTS**

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