

Shards & Fragments Most Don't See

[BY R. JADE MCAULIFFE](#)

Pieces...
whirling in the globe
shaken, snowy
grief is home
eating fear and breathing pain
exhaling, just to start again.

Pieces...
through the heavy glass
spinning swirling
take me back
to a time when we were young
before it all became undone.

Pieces...
that made you and me
shards and fragments
most don't see
running, hiding, failing, trying
outside living, inside dying.

Pieces...
from the outside in
floating, falling
work begins
steps to take, becoming whole
alone this time...you are gone.

Pieces...
pulling each one down
to find its place on sacred ground
to make some sense of what remains

and find a way to start again.

Pieces...

to rebuild anew

the life I'd planned to live with you

though not alone (I feel you now)

to grief I once again will bow.

To honor...

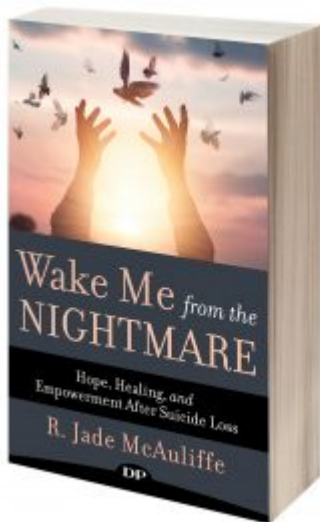
my own shattered heart

and family now torn apart

I'll let Life have its way with me

so, one day, we will all be free.

Photo by [Reshot](#)



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"](#)

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You've Been Through The Wringer, Love – It's Time To Start Trusting Yourself

*Your Heart Might Be Shattered, But Your Soul Is
Unbreakable*

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

"Strength is more about how you
pick yourself up after the moment
of destruction than it is about
never falling down in the first
place."

SHANNON CROSSMAN

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#PIECES

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