



# Sadness is but a wall between two gardens.

Kahlil Gibran  
(1883 - 1931)  
Poet

It is not the only emotion that resides within us during grief, where anger, fear, peace and pain also live. But it is the one most expected, the one that often overshadows others, the one most quickly associated with our response to loss.

Sadness looms large as, in grief, we move from a familiar life to a life that we do not completely recognize.

Sadness expresses our anguish that what once was, will no longer be. During grief we face the reality that we cannot turn back time. The past will not be the future; it will always be behind us. To the degree that we have loved what was, we feel sad that it will not continue unchanged. Sadness speaks our disappointment in life's inevitable forward movement.

Sadness expresses our belief that the future will likely be a bit less than what we have known. We may accept the truth that we are moving ahead. Sadness expresses the idea – an idea fully and completely in our mind – that what will greet us tomorrow will be not as good as what we already know today. The emptiness in our heart mirrors our anticipated future, a future empty of something we have cherished.

Sadness helps us detach from today perhaps just enough to begin to explore tomorrow. The tears we shed fill our world, pooling and eventually lifting us off of the ground we have known. In time we float up to the top of the wall between today and tomorrow. Once there, we can look over and begin to glimpse what might be possible.

And in that glimpse, we get our first glimmer of hope.

*What have I been sad about lately? What is my sadness asking me to let go of?*