



Reflection

The Geometry of Loss

Losses come to us in many shapes and colors and sometimes we are taken into grief by shapes that everyone can identify with such as death or the end of a precious relationship. These are, perhaps, the recognizable searing red circle or black shape of a teardrop or a heart.

Many shapes and colors of loss are not so easily discerned and the grief that accompanies them can look very unfamiliar or remain almost invisible. The loss of a job, the loss of health, the loss of a dream, or the loss of dignity to name a few. Sometimes we don't see the broken places in the lives of those around us.

When we do recognize another's loss, it may resonate with some part of our own life experience and there can be a sudden wish to pull back from looking further. Invisible grief and un-named losses are inescapable and, yet, we aren't accustomed to attending to the wounds they cause. These are losses for which there are no pre-printed notes in the sympathy section of the card shop.

Grief visits all of us . . . often. We live with it and through it and are asked to bear witness to it in others.

Everyone's loss is, for them, the hardest.

A Path to Consider

You might wonder or ask: What does my friend grieve? Does he or she have a loss that's gone unrecognized by me? What are the unique shapes and colors of loss in our human community?