

1 7 10 Global Issue: A Trigger for Grief

The Taos News has committed to implement a weekly column to help educate our community about emotional healing through grief. You may write questions to Golden Willow Retreat and they will be answered privately to you and possibly as a future article for others. Please list a first name that grants permission for printing.

Dear Ted,

I am amazed at the level of grief that can come upon me as I think of the sadness of our global affairs and the levels we have continued to hurt the earth.

I wrote a poem that I wish to share about this issue:

Devotee Entire – Why this profound hurt, my heart? Why this underlying weeping? No, I am not depressed as men mean it: the face friends see is mostly smiling. I know many loves in this life, many hearts have opened; I have been uncommonly blessed. It is not for myself I am weeping. Once Adeliine, dear soul and seeker, cast my horoscope: the gods, she said are giving you in this life, this little round, a rest, an easier path as you have done long work in other lives – in the greater round in her perspective. Of that I know not. Of other homes for love I know nothing: I am a devotee entire of Mother Earth and of earthly loving. I've strived always to walk with heart green and leafing, arms open to love, to sex, un-denying of death, the cycle. It is a great gift a wise friend and lover once told me to be able to accept a gift gracefully. Does the Earth smile most on those who love her best? Is the Universe alive as well as luminous? If so, it is for me pure gift; I have never believed in prayer. No, I am not depressed as men mean it. If there are gods they have been uncommonly kind. The face friends see is mostly laughing. It is for you, Great Mother, that I – surely any human of open heart—inevitably now must suffer. We weep for the Earth's great losses, nature dying, man's endless depredations. It is the cost of love this underlying weeping. I am a devotee entire of Mother Earth and of earthly loving; of other homes for love I know nothing. It is the cost of great love—beloved Earth, luminous Universe—this underlying weeping. Sincerely Frank

Dear Frank, Thank you for this beautiful poem and the permission for each and every human, in their own way, to express and care for our planet. As each and every one of us heal our wounds and losses we can become more conscious in our external and internal worlds. Your expressions for the momentum of the lack of care for the earth are clear and your empowerment to choose to take action rather than stay in a hopeless and helpless state is commendable and a great teaching for the importance of healing and growing through loss. My hope is that your poem may remind all of us as we take our first steps into 2010 to be aware, loving, caring, grateful for our lives, the people in our lives, the world at large, and the importance of the care that is needed for the healing of our actual planet which so closely mirrors each and every one of us. Until next week, take care.

Golden Willow Retreat is a nonprofit organization focused on emotional healing. Please direct questions to Ted Wiard, LPCC, CGC, founder of Golden Willow Retreat and

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