

# **I Wish I Knew**

Grief may feel like the dying of the soul  
while the body still lives,  
but you are alive my friend.

And they are not,  
nor do they want you to be with them yet.

They very much want you to live.

Do not fear the grief you feel,  
it's just love thrashing around,  
looking for somewhere to go.

So give it somewhere to go.

by Donna Ashworth