

Grief
Brenda H. Greene



Grief is terrifying,
Grief is exhausting.
It comes in layers
And strips us naked,
Void of feeling and emotion.
Grief has no limits,
It knows no gender,
It knows no race or religion.
Grief is painful;
It shows no mercy.
With each breath we take,
It paralyzes our minds
And controls our movements.
Grief is transcendent;
It portals us through time.
Grief fades into the shadows
And into the crevices of our thoughts,
Quietly giving us reflection and meaning.
Grief gives us strength,
Grief gives us purpose.
Grief is powerful
Grief is growth.