

Francis Weller on Grief: A Journaling Booklet ¹

Inspired by Francis Weller's book, *The Wild Edge of Sorrow*

This journaling booklet invites you to explore your relationship with grief and loss through the wisdom of Francis Weller. Each section includes guiding reflections, quotes, and ample space to write or draw. Use it for personal journaling, small group circles, or times of remembrance and renewal.

1. The Wild Nature of Grief

“Grief is not a feeling that visits us occasionally. It is a full-bodied visitation from the wilds of our psyche.”

- How has grief shown up in your life? What has it taught you about love, humility, or surrender?

¹ Francis Weller, *The Wild Edge of Sorrow*, this Grief Reflection Journal was created using ChatGPT, October 2025.

2. The Five Gates of Grief

“Grief enters through many doors — everything we love we will lose, the unloved parts of ourselves, the sorrows of the world, the love we expected but did not receive, and ancestral grief.”

- Which of these gates feel open in your life right now? What memories, losses, or stories come to mind?

3. The Sacred Work of Grief

“Grief and love are sisters, woven together from the beginning.”

- What does it mean to you that grief and love are inseparable? How do you honor both in your daily life?

4. The Need for Community and Ritual

“Grief has always been communal. Our tears belong to everyone.”

- Who has witnessed your grief with compassion? How do you create or long for ritual in your life?

5. Grief as Deep Activism

“To witness the world with open eyes is to grieve for what has been lost.”

- What grief do you carry for the Earth, humanity, or future generations? How might this grief guide your service?

6. Grief and Gratitude

“The work of the mature person is to carry grief in one hand and gratitude in the other.”

- Where do you experience both grief and gratitude together? How might holding both deepen your compassion?

7. Initiation Through Grief

“Every loss is an initiation into a new way of being.”

- What losses have initiated you into new wisdom or awareness? What blessings have come through your sorrow?

Draw a picture expressing your grief and loss:

A Blessing for the Soul

May your tears water the roots of your compassion.

May grief open the gates of your heart to love.

May every loss remind you of the sacredness of life.

And may you find companions who will walk beside you in sorrow and joy.

“Grief keeps the heart fluid and soft, which helps make compassion possible.” — Francis Weller