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The grief that stays: How loss reshapes love and identity

A person we loved, and often a part of the structure by which we knew ourselves: my husband, my mother, my child, my friend. Their presence had entered what we called 'my being'.



Acharya Prashant

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body habits remain after the person around whom they formed has disappeared; the hand still reaches, and for months the ear keeps waiting for his key in the door.



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But another grief can remain. When someone dies, what exactly have we lost?

A person we loved, and often a part of the structure by which we knew ourselves: my husband, my mother, my child, my friend. Their presence had entered what we called 'my being'. They gave us an identity and a kind of security. When they disappear, something called 'me' appears diminished. Often we do not see that we are grieving our own reduction.

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