

*"...Saying goodbye wasn't a matter of moving on like I thought it was.*

*It was about letting the other person's story settle into mine, merging, joining, enlarging, weaving.*

*Saying goodbye, I've learned, is the opposite of moving on. It's to bring their story fully into mine, into yours.*

*Grief, it seems, is less about letting go and more about letting in..."*

*- JS Park, The Voices We Carry*

