



Day 7: The Journey from Grief to Growth

[Click here to listen to the Day 7 audio](#)

Practice of the Day The Poetry of Kindness

Today, I'd like to invite you to close your eyes if you are somewhere where it is safe for you to do so.

I'm going to read to you one of my favorite poems, called

KINDNESS

By Naomi Shihab Nye

Before you know what kindness really is

you must lose things,

feel the future dissolve in a moment

like salt in a weakened broth.

What you held in your hand,

what you counted and carefully saved,

all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.
Before you learn the tender gravity of kindness
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

If you are moved to do so, I invite you to take out your notebook and write your own creative writing piece or even write a poem... about the many choices you are making to turn towards kindness and love... those moments of choice when you say yes to life and to love.

Your poem does not have to rhyme... you don't have to show it to anyone... this is your creative expression about how you are choosing-- one moment at a time -- to let your heart to break open rather than harden yourself against life and against love...

Healing Power Statement of the Day

*I choose to be kind to myself.
I choose to be kind to others.
I choose to receive kindness from others.
I choose to receive kindness from Life.*

Self-Care Action of the Day

Look for opportunities to offer kindness to others, particularly to those who are suffering even more than you are.