

GRIEF REFLECTION JOURNAL

The Canvas of Your Heart

Eight questions for sitting with grief,
at whatever pace feels right to you

“Grief is the dark color that adds depth to the canvas,
providing contrast and texture.”

- Francis Weller, *The Wild Edge of Sorrow*



evergreenmoose.com

© Evergreen Moose LLC. All rights reserved

Before You Begin

These eight questions came out of [a piece I wrote about grief](#), and about the line from Francis Weller that I could not stop thinking about. Grief as the dark color. The one that makes every other color on the canvas visible.

I made this because questions like these tend to slip away if we only experience them in the middle of reading something. I wanted to give time and space to these questions and others that came up for me. I invite you to use this reflection journal in your own way and at your own pace. There is no specific order. If one calls to you first, start there. Some of these questions you will answer in a sentence. Some you will come back to in a year and find a completely different answer waiting. Both are the work.

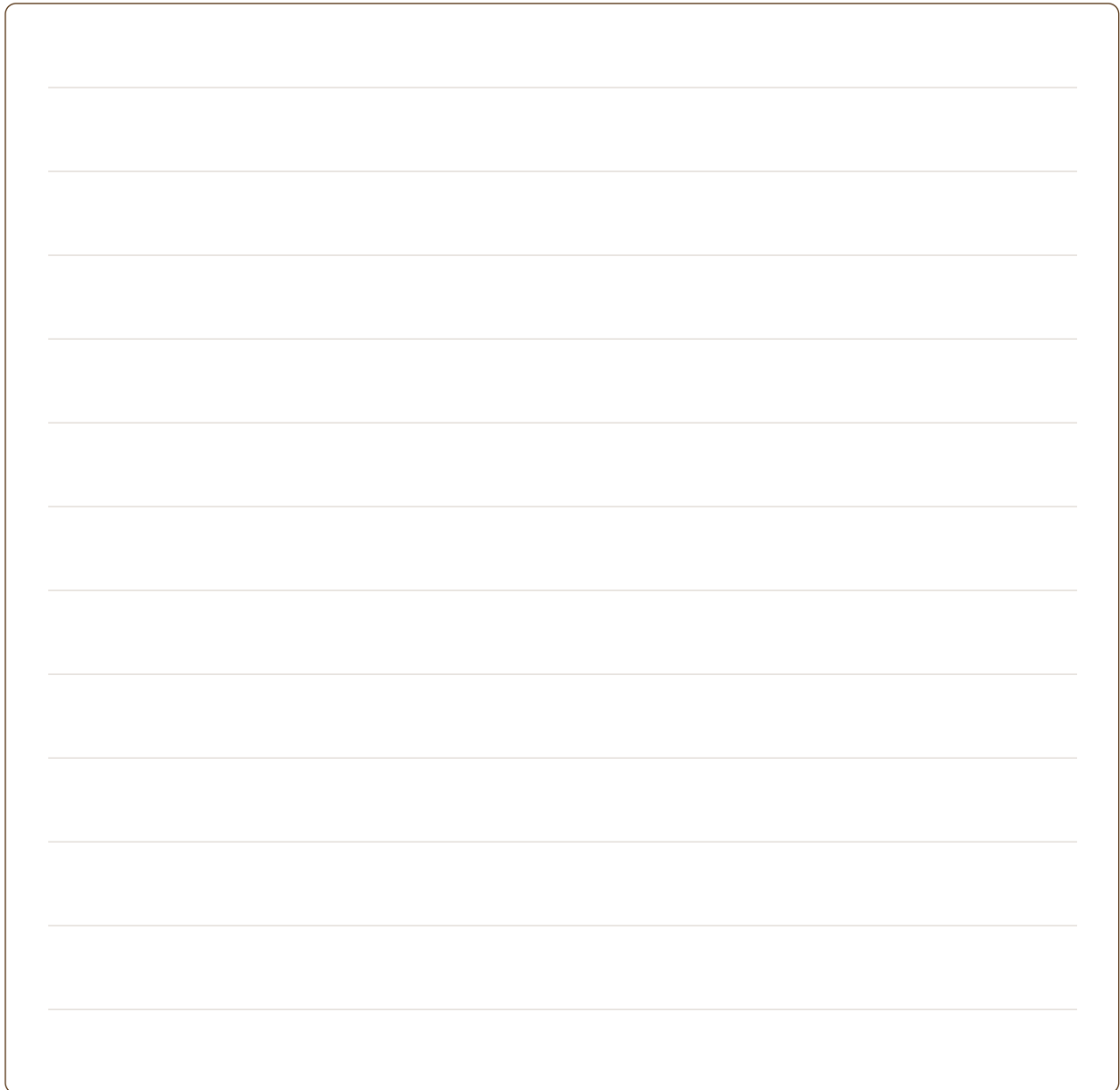
How to use this

- One question at a time. You do not need to work through them in order, and you do not need to finish on the same day you start.
- Print it, or type straight into it. It is made for both experiences.
- Try answering one of these outside if you can. A porch, a park bench, a trail. We might answer differently out in nature.
- If a question lands hard, pause the journaling and take three deep breaths. Come back when you are ready. That is not avoidance, that is pacing and self-awareness.
- Date your entries. When you come back, you can see how something may have shifted over time for you.

The piece these questions came from lives at evergreenmoose.com/grief-ritual-forest-bathing

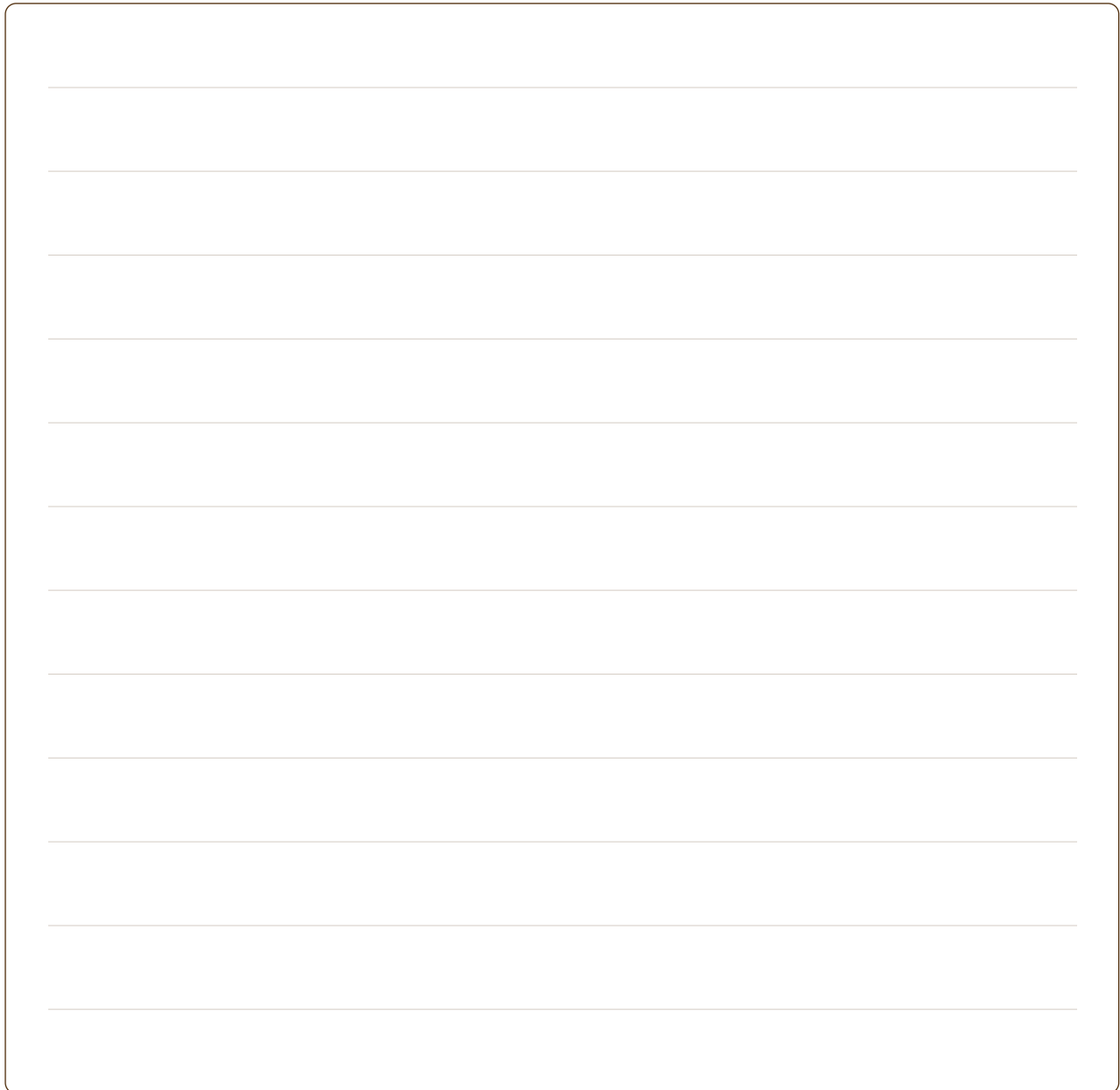
What would your canvas look like?

Think of the moments in your life where grief added texture. Where are they on the canvas, and what color did each one bring?

A large rectangular box with rounded corners, containing 12 horizontal lines for writing. The lines are evenly spaced and extend across the width of the box, providing a space for the user to draw or write their response.

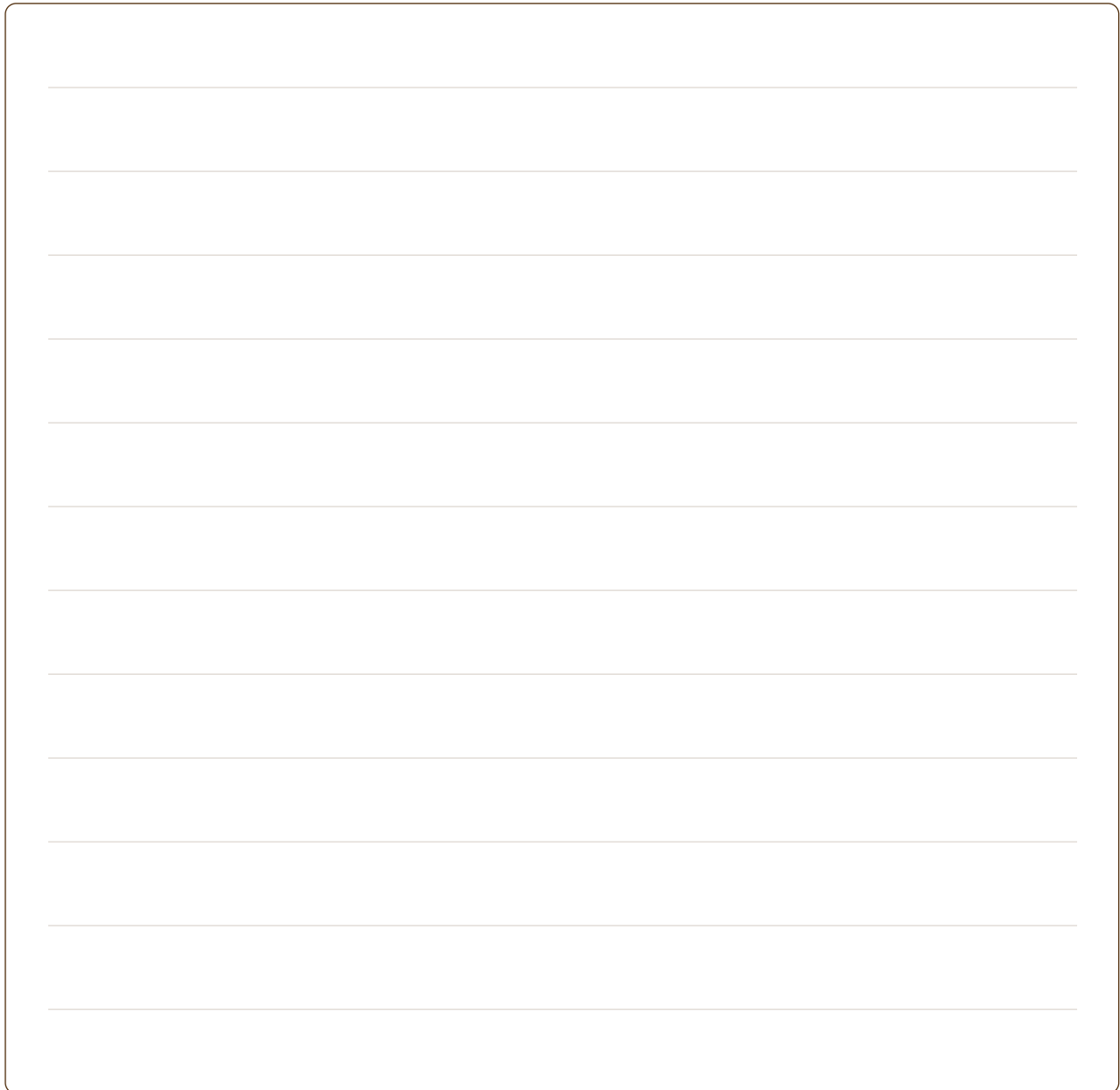
What is the puzzle piece in your life right now?

The one you cannot find a place for yet. Describe it without solving it.



How can you approach grief with reverence?

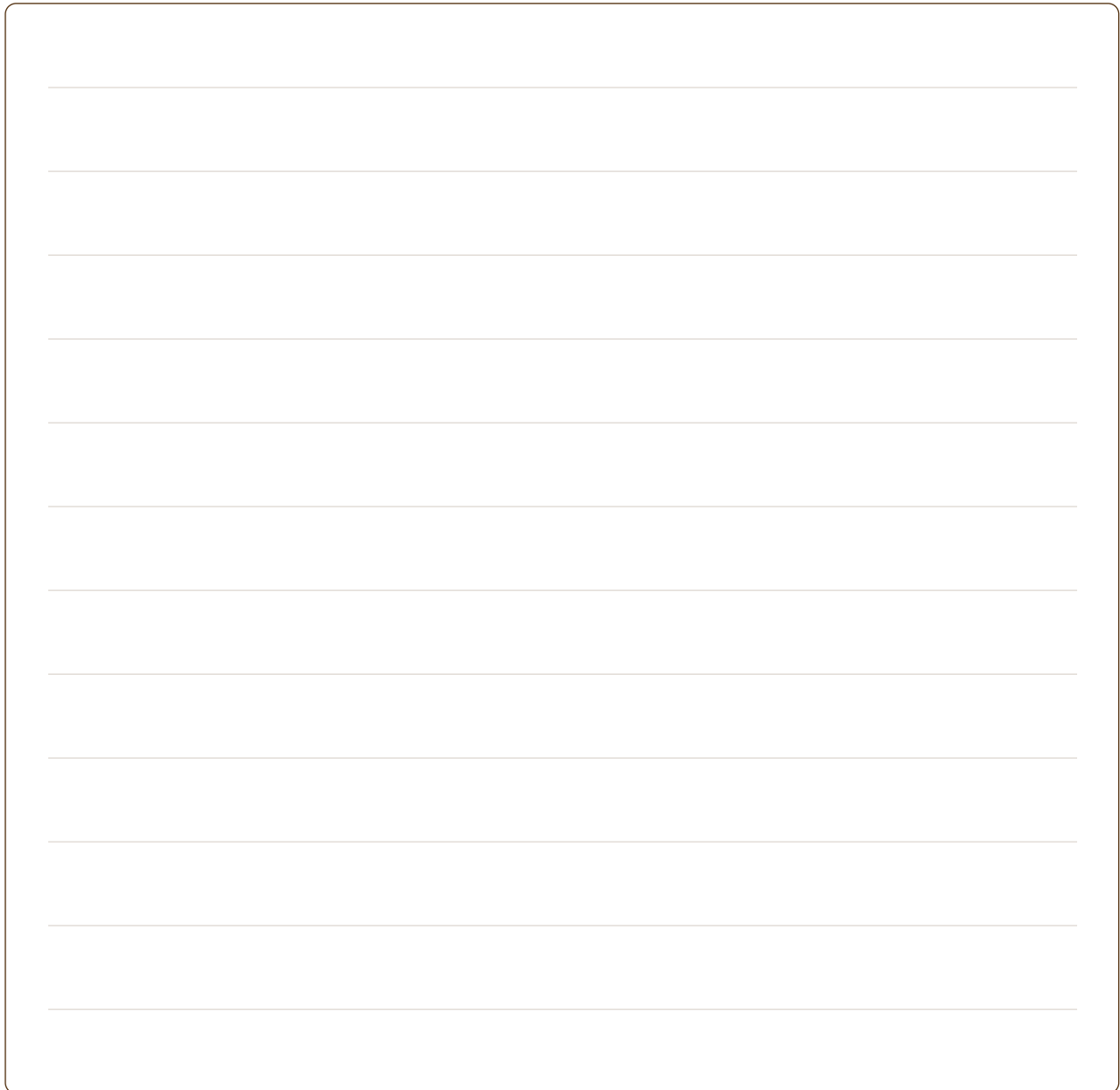
Treat your grief as a guest and listen as you would to a loved one.



Small enough that you will still do it on a hard week. Name it, and name the time of day it belongs to.

What is your grief asking you to listen to?

Not what it is taking from you. What it keeps trying to tell you.

A large rectangular box with rounded corners, containing 15 horizontal lines for writing. The lines are evenly spaced and extend across the width of the box, providing a space for the user to write their response to the question.

One ritual, small and repeatable. Something you could still be doing next spring.

Grief bonds us with the Earth and all of the beings. Find one being to sit with this week.
A tree, an animal, a river, a stone.

A Small Ritual to Keep

The Maya say we all carry a spiritual debt for everything we have been given, one we can never fully repay. We honor it with small displays of ritual beauty. It does not have to be large. It only has to be kept.

LIGHT A CANDLE

Light a candle once a week for someone you have lost and spend a moment updating them on your life. Tell them about your flower garden, the amazing dinner you had out with your friends, the thing they would have laughed at. Imagine that laugh.

WALK WITHOUT GOING ANYWHERE

A few times a week, walk your neighborhood or a trail with no destination. Go slowly enough to notice what calls to you. Stop when something does. If you pass a tree or a bird, imagine how they experience the world.

LEAVE SOMETHING BEHIND

Set something you love outside and let the weather take it back. A flower, a stone moved to a better place, a few words said out loud to nobody. Whatever feels right for you in that moment is enough.

PAINT YOUR GRIEF

Find a small canvas and put down the colors of your life and your grief. Come back to it weekly and add to it. It does not have to be perfect. It only has to be yours.

Mark the weeks you keep your practice and watch it accumulate the way the paint does.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

If you would like a place to begin, I'd be honored to guide you on a [forest bathing walk](#) here in Fort Collins, Colorado. No experience is needed. Just a willingness to move slowly and an open mind. If you are not sure which experience fits, just [ask me](#).