



Your Daily Practice

Episode 47

The Five Gates Of Grief and Loss with Francis Weller

Many of us think about grief as what happens when someone we love dies, but we grieve so much more than that. We have little losses every day. This week on the podcast, Francis Weller shared the five gates of grief that all humans walk through here are practices to honor each.

Practices to try this week:

The First Gate: Everything We Love We Will Lose

Talk with the people you have lost. Find an animal or symbol that reminds you of them. Remember them and keep them warm and alive in your heart.

The Second Gate: The Places That Have Not Known Love

Write a compassion letter to yourself from the parts that have not known love. Make amends with them.

The Third Gate: The Sorrows of the World

Find a community to sit with, in compassion. Compassion meditation groups, sanghas, yoga classes, churches, song circles, hiking groups, and environmental groups are all resources to share in the sorrows of the world.

The Fourth Gate: What We Expected and Did Not Receive

Take time to write and journal about what you expected and did not receive. Allow yourself to grieve that loss.

The Fifth Gate: Ancestral Grief

Connect with one or two ancestors by placing their picture on an altar, bringing back a family tradition, or sharing their story.