



H a r o b e d H o u s e

Sacred Grief, Exploring a New Dimension to Grief

By Ms. Leslee Tessmann

5-Stars--An Excellent Prospective of Grief (042308)

Ms. Leslie Tessman brings a brilliant new prospective on the subject of grief. Her thought provoking conversations examine a deeper focus of grief—that is, the examination of the varying dimensions of grief as she describes it as sacred and integral to living just as joy and happiness in our everyday lives.

Sacred Grief focuses on making a choice by acknowledging grief as a natural occurrence of living—not just an examination and understanding of the stages of grieving, but much more. *Sacred Grief* provides a macro approach to understand the totality of grieving—encompassing it as a natural phenomenon. Grief is as natural to living as breathing fresh air.

Tessman urges the reader to embrace grief as a sacred journey—to experience a more plausible understanding of grief by traveling through the various emotions in order to ascertain a deeper appreciation to achieve personal growth, compassion, and peace.

Tessman urges the reader to surrender to emotional situations instead of denying them. Grief is transient; not static. Once we learn to embrace grief as sacred and a part of ourselves, we will surrender to the pain and the pleasure because we no longer fear it and will eventually dismiss the myths and notions surrounding grief, such as “I should be over this by now” or “If I cry, that will mean I’m weak.” Instead, Tessman says... “The grief process is not linear. It ebbs and flows and is as flexible as life itself and as you and I.”

As the dialogue unfolds, Tessman reiterates that grief is a part of living. One must learn to trust, respect, and accept grief for what it is—grief, and to experience the emotions that correspond to it, unafraid.

Tessman does a fantastic job as she describes the intricacies of sacred grief. It is dynamically written and I would highly recommend *Sacred Grief* as an important self assessment of understanding grief from a universal prospective. It is a very thought provoking read that will definitely lead the reader to a genuine appreciation of life.

Deborah Slappey Pitts
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I Feel Okay
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