



# *Just an Ordinary Miracle of Grief*

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*“It’s just another ordinary miracle today. Life is like a gift they say, wrapped up for you everyday. Open up and find a way to give some of your own.”*

Sarah McLachlan - *Ordinary Miracle*

Recently, the melody of a wonderful song in the background of a television commercial brought a whole new meaning to the words “grief journey.” But the melody from this song has a new twist: It’s just an ordinary miracle of grief. The grief journey challenges most of us beyond our imaginations. And when we finally reach a point of peace, we believe that little has changed. Instead, we assume we have become more mellow and accepting of the tragedies we faced. It is unlikely we could name one tiny miracle of transformation. We were so busy absorbing every moment of pain that we didn’t have time to observe. But others did. What they observed (about most of us) was a positive life change that became a testimony to the arduous trip we unwillingly took.

There is a reason it’s called a “grief journey” because we begin it with no destination in mind. We walk a good portion of it in shock and numbness. We aren’t quite sure how long it will take. We haven’t got a clue where we will get the energy or fuel to keep us going each day. We don’t want to think about the challenges that face us, or how many forks in the road we will need to choose. We never consider all the beautiful people we’ll meet as we walk a shared path. We have no estimation of its emotional cost or spiritual gain. In fact, we stumble into it blindly and think little about its progress at all. We just assume that “life” will happen and in a short time we’ll be normal again.

What we may discover is there is a much greater outcome to the “grief journey” that we are likely to gain if we allow ourselves to engage in all its ups and downs, through the sorrow and the tears, so that we can eventually claim the ordinary miracles of grief.

This is not a planned journey. It is a discovery that happens as a natural response to loss and can become the ultimate experience. It takes everything we think, feel and act up to that point and shuffles it, creating a whole new set of mysteries. Just when we thought we had life figured out, it rattles our composure, and it can reduce us to nothing. It can make us feel useless and depleted. We see “light” and are enlightened with soul-power and knowledge comparable to the sages of old. It scrambles logic and can dumfound the most analytical person. It can reduce a prolific, educated professional into a bumbling fool. The experience can confuse our thoughts until we claim we are “crazy” and realize so is everyone else on the journey. And the journey likely begins with the exact opposite of the “happiest day in our lives.” All this happens until, we become transformed by the ordinary miracles of grief.

Ordinary miracles of grief are those things that happen to us without much planning on our part. They are rewards for hard grief work done well. There are no directions to the final

destination. There is no tour guide to point out the dangers or the treasures along our way. We walk through unknown territory and expose ourselves to the possibilities. We evolve. We transform. We become. We are a product of ordinary miracles of grief.

### *The Ordinary* **MIRACLE OF PERCEPTION**

Our new perception of life is reality. We are not dulled by dreams and schemes. We are not enticed by fortune or fame. We remove the rose-colored glasses and see life more clearly, now. We have acquired enhanced thoughts about what we feel, what we think, and the consequences of our actions. We recognize that we are not perfect, and life is not perfect. Life is what you give to it and make out of its challenges. We honor the greater force in life of what we can control and what we can't control, and we deal with the consequences. By refraining from judging others, filtering insincerity, and placing our trust in what we know to be true, we divide and conquer the trash. We are not disillusioned.

We believe that balance slightly tips the scales in our favor when we choose the greater good. Perception is clearer, kinder and more in-sync than ever before.

### *The Ordinary* **MIRACLE OF BALANCE**

A balanced life is time divided appropriately between work, family and play. Psychologists say happiness is a sense of well-being or satisfaction with our lives. A balanced life. Grief teaches us to reset our priorities. What is most important now? Which would you choose, family or overtime at the job? Are you spending your money wisely? What relationships should you invest in that are meaningful? How do you want to be remembered? What is your purpose?

We find ourselves balancing, not cheating the scales of worth. We value what before we took for granted. We assess that worthiness is not acquired through selfish achievements. We unburden ourselves with the regrets of the past and the yearnings of the future. We find joy in the present moment honoring the blessings of being alive and in happiness in times spent with family and friends, security in knowledge, success in positivism, harmony in prudent choices. We re-balance by cherishing the wealth of simplicity and the peace of contentment.

### *The Ordinary* **MIRACLE OF ENLIGHTENMENT**

We consider our grief experience a life lesson and awakening. We rethink crisis and convert our experiences to sacred wisdom. When we compare it to the experiences of others, we discover someone else always has a more tragic story. And when we are able to minimize our own pain and think compassionately about the pain of others, we heal. We are empowered in our search for meaning in the proven and in the possibilities of the "yet to be." We believe in angels. We submit to prayer. We awaken to faith. We feel the power of the human spirit and sharpen our intuitiveness to the Divine, the Almighty, and the Hereafter.

*We free ourselves from the bondage of grief and are in awe of who we have become, more confident, more compassionate, and knowledgeable beyond our years. We never forget, but we are ready to go on.*

### *The Ordinary* **MIRACLE OF LIVING LIFE WITH PURPOSE**

We are no longer robots responding to each day with mechanical actions. Our hearts and souls are wired with new beginnings, counted blessings and fortitude. We live by serving. We exist by turning inactivity and helplessness into helping others. A kind word, a good deed, a vision of hope goes a long way in defining how far we've come on this journey. And, this bonus becomes our sacred reward.

### *The Ordinary* **MIRACLE OF "LIFE GOES ON"**

We accept that "life goes on," and we foster resiliency. "I can do it," becomes our daily mantra. We acquire the ability to bounce back by accepting the death, honoring the memory and using the experience to shape our lives with purpose. We look for the silver lining and recognize that setbacks are part of life. We find the promise of hope in laughter, sanity in forgiveness, peace in spiritual oneness. Life isn't fair, but we've weathered the storm. We free ourselves from the bondage of grief and are in awe of who we have become, more confident, more compassionate, and knowledgeable beyond our years. We never forget, but we are ready to go on.

The ordinary miracles of grief are gifts. They are the miracles of many yesterdays that we can use today. Gifts that allow us to greedily enhance our self-esteem while we give unselfishly to others. These are not gifts that we look for...nor do we expect them when we embark on the journey through grief. They come to us naturally as a bonus for doing good grief work. They are not just the ordinary miracles of grief, but rather the extraordinary miracles of a honored grief.

When our intense grief work is finished, we have changed. What others have observed defines "who we are" today. We believe we've conquered and submitted to the emotional burden of our grief, when in reality we no longer allow it to torment us. We believe by some coincidence we've become wiser, when in reality we have opened our eyes and listened to our inner souls. We believe we've become more caring when in reality our hearts become our compass, and we've experienced what "love" really is. We believe that we've solved some mysteries of life when in reality, we've only discovered the meaning and purpose that brought us into existence in the first place

**It's not unusual that life can be beautiful, again. It's just the ordinary miracles of grief.**

