

Taking Care of Yourself While Grieving

...[Y]ou should not neglect your health, but consider it the means which enables you to serve. It—the body—is like a horse which carries the personality and spirit, and as such should be well cared for so it can do its work! You should certainly safeguard your nerves, and force yourself to take time, and not only for prayer and meditation, but for real rest and relaxation. We don't have to pray and meditate for hours in order to be spiritual. (On behalf of Shoghi Effendi: *The Compilation of Compilations, Vol. II*, "Prayer, Meditation and the Devotional Attitude", p. 242)

For Sharing:

- What are the losses?
- What helps you grieve and accept the losses?
- How do you express anger?
- What brings you comfort?
- What are you doing to take care of yourself?

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