

Clarissa P. Estes Interpreted Notes on Grief (Loveland CO, 2011):

Grief is no longer being able to love something that you once loved. Grief is a difficult subject. After a certain amount of time, people say "it is time to move on" as grief cannot be tolerated by many in this culture. Grief is seen as infectious. Catching. There is a cultural fear of being exposed to personal grief as there is a philosophy of victimology. If you are a victim, you try to take advantage of others while spreading your grief. The projection is that if you are sympathetic they will never stop grieving. Of course, many think this because they have not fully processed their own grief.

Grief can be present in the bitter woman, what she doesn't do hasn't done to heal. If we don't heal generations, grief is left to be passed on to others. There is generally no ceremony for grief in the overculture.

There is a psychic process of grief. One cannot accept this twist of fate (the killing brute). Sometimes your life force is murdered or put to sleep. It is taken from you, but the child spirit will come back. When we grieve, we grieve because we are not allowed to love a person or creature, and it is hard. However, if you lay too long in this grave you may remain dead and bitter for life.

Part of healing from immense grief is that you must speak to how you were killed. You must apprehend what captured you. If you do not speak of it or work towards healing it, the force of that grief becomes a vampire that attaches to the wound like possession. These are energies that live off of others (off of you).

Look for fastest way to get wind and fire energy is through your wound. When you see sadness/ sorrow/ walking in hell/ not of earth consumed/ vacant and not watching, this energy feasts off grief and promises something you feel as if no one can understand your grief. "I'll never let anyone hurt you." "We can do this silently." "People will intrude." But when grief is not acknowledged, what attaches to grief? It is the bitter woman. She doesn't know something else has gotten a hold of her. She is the one something of sorcery that wants to destroy beauty as she has lost the ability to love.