

# Simple Truths for a Complex Journey

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Time alone does not heal all wounds.  
**It is what you do with your time that matters.**

Talking about them doesn't make it worse.  
**It gives voice to your memories and keeps their spirit alive.**

You don't need to be strong.  
**It's okay to tend to what hurts in an authentic way.**

You don't need to get over it.  
**You'll carry it, lighter some days and heavier others.**

There are no passive stages of grief.  
**There are things you can do that move you forward.**

Toxic positivity helps no one.  
**Compassion is the greatest healer of all.**

You don't have to go through it alone.  
**Support from others can be a lifeline in your journey.**

## AWAKEN

Simple Truths by Heather Stang. Join us at [meditationforgrief.com](http://meditationforgrief.com).