THE LESS TRAVELED ROAD A JOURNEY WORTH TAKING

by:

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Death is something inevitable, but people are too scared to discuss it and even a mention of it made them shudders. How ironic. We all have our end and yet most people are not open to think how and when they will be able to face their own end. People are too focused avoiding the topic of death that they overlook the thought that what happened to those who were left behind. Will they be able to get by? How long would they remember someone they cherished a lot and yet ended up taking their last breath? Will they ever stop shedding tears?

Having someone we spend time in decades suddenly lying in a casket without a hint of life is more than devastating. One day she is just walking around and having a conversation with you about how the weather is nice and then in just a snap, it feels like a dream that you wanted to replay over and over again. It is not an easy road to take. Grieving process is like parenting – it is unique in every person. We all have our own time and pace in coping and accepting our lost. There is no guarantee that in a month or in a year you will be strong enough not to shed a tear in the mention of her name or when a memory pops-out in your mind. It is a process that we cannot rush. The acceptance that ends the grieving process is not easy to obtain. It takes liters of tears, numerous travel back to your memory lane, counting things and opportunities that you are willing to give up just to have her back in life, and there are also moments that you think you are losing yourself. That you are lost – that she also took a part of you the moment she took her last breath.

Truly grieving process is a nasty journey to begin with, but it also brings healing. It is something you would not choose if you would be given another chance. But during the
grieving process, some people find themselves recreating their self – they find new hobby, meet new people, and heal. Allowing yourself to grieve into someone you lose is not a weakness. It is a bravery. It shows your courage to let yourself move forward in your life instead of running away in the emotions you should be feeling. Even how slow or little your steps are, it still a progress toward your acceptance of losing someone. And through with that acceptance, you may again face the world equipped with your new version of yourself – the stronger one who are not afraid to be devour by her own emotions.

References:

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