Beautiful Phrases for Life during Grief

And can it be that in a world so full and busy the loss of one creature makes a void in any heart so wide and deep that nothing but the width and depth of eternity can fill it up!

~~Charles Dickens~~

What is of greatest importance in a person’s life is not just the nature and extent of his or her experiences but what has been learned from them.

~~Norman Cousins~~

Grief knits two hearts in closer bonds than happiness ever can; and common sufferings are far stronger links than common joys.

~~Alphonse de Lamartine~~

Although the world is full of suffering, it is full also of the overcoming of it.

~~Helen Keller~~

Nobody has ever measured, even poets, how much a heart can hold.

~~Zelda Fitzgerald~~

We must accept finite disappointment, but never lose infinite hope.

~~Martin Luther King, Jr.~~

As the sun illuminates the moon and stars so let us illuminate each other.

~~Master Lui~~

Look well into thyself. There is a source of strength which will always spring up if thou will always look there.

~~Marcus Aurelius~~

That which is important can only be felt within the heart.

~~Helen Keller~~

Life is no brief candle. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

~~George Bernard Shaw~~

From the book “Grief and Loss” Theories and Skills for helping Professionals