MISS Foundation
Grief's Journey
I shall cherish and love you forever...

the beauty
of your life
shines
even in your death...

you are forever my precious child,

as i am forever your mother.
tell me what you feel

i am listening...

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today's date
I will honor you...

my precious child

i will make certain the world does not forget...

You will live through my love...
tell me what you feel

i am listening...

today's date

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In the silence, I can **hear you** speaking...

**true love is**

do you know how much I **love** you?

**stronger**

"I am with you always, Mommy."

**than death**

you are in my **every thought,**

**every heartbeat,**

"you are never alone"

**every breath**
tell me what you feel

i am listening...

today's date

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Some days I find peace,

if only for a moment...

when I remember...

memories of you take my breath away

in this peace

I know you are near

I am grateful
tell me what you feel

i am listening...

today's date

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I miss you, my beautiful child.

I don’t know who I am anymore...  
I feel so lost now.  
So alone.

My chest is HOLLOW.  
My arms ACHE for you.  
My tears are ENDLESS.
tell me what you feel

i am listening...

today's date

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I can't stop thinking of you...

what did i do to deserve this?

i'm sorry for whatever i did,
i just want you back

why didn't i...
what if I had only...
i should have...
i want to wake up from this nightmare
tell me what you feel

i am listening...

today's date

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i wish i could tell you one last thing...

whispers of love carried through the breezes

the wind kisses my face and I KNOW you are near.

I would glady have given my life for yours.
tell me what you feel

i am listening...

today's date

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Everything I feel is overwhelming...

I can actually feel the pain, it is tangible.

Anger, emptiness, despair, questioning, wanting, fear, hoping, agonizing.

I don't understand what happened?

The pain is beyond words...
tell me what you feel

i am listening...

today's date

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I wish others could see inside my soul...

my baby is **ALWAYS** on my mind

shallow words **fail**

to adequately express sorrow's **girth**

strangers would witness my soul bleed
tell me what you feel

i am listening...

today's date

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When first we knew you were gone...

i am in a nightmare
i will never wake from
there must have been a mistake!
i remember the exact horrible words
i remember every single detail
tell me what you feel

i am listening...

today's date

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I remember the first time I accidentally laughed
...after you died.

an anvil dropped on my chest.

i was afraid i betrayed you.

now, when i laugh,

i laugh from every cell in my body,

for i have screamed and

cried from every single cell.
tell me what you feel

i am listening...

today's date

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Some mornings I wake up and
I am already crying.

the tears are never far from my eyes.

will i ever smile again?
i don't even know if i want to.

will it ever stop?
why am i expected to live through this?
how has a woman ever survived this?

when will it end?
this pain is overwhelming
tell me what you feel

i am listening...

today's date

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I remembered something about you
that I had not thought of for a while...

dancing before bedtime

you made me laugh
hearing your heartbeat the very first time.

in a way
you will never be forgotten

no one ever will
tell me what you feel

i am listening...

today's date

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Someone had the nerve to say

the dumbest thing to me...

I wish I would have said something.

Do people not think before they talk?

You have
NO idea
how I feel!

Friends and co-workers avoid me.

All I need is a shoulder and silence.
tell me what you feel

i am listening...

today's date

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My heart is broken. I can hear my soul cry...

i don't stop thinking about you.

it is unreal
how many tears fall
when it is
your very core
that is broken.
tell me what you feel

i am listening...

today's date

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