

All At Once

There is something they do not tell us enough.

That we are allowed,
permitted
to feel more than one emotion at a time.

We can feel sad that they are gone but grateful for the time we had with them.
Grateful for the people we still have.

We can feel moments of despair that are softened by little pockets of joy.

We can feel angry and tired and still determined to move forward.

We can feel guilty whilst feeling a little zing of happiness.

You are allowed – no encouraged
to feel as much as you need to as often as you need to.

Our emotions do not exist in isolation.
When you hold the hand of love, you will also hold the hand of grief.
When you link arms with joy, you are also linking arms with sorrow.

Because without love, without joy,
we could never know the ache of loss and sadness.

So, go ahead,
feel.

Feel whatever you need to feel.

Even if what you are feeling
is everything
all at once.

