

Life must go on

Grieve for me, for I would grieve for you.
Then brush away the sorrow and the tears
Life is not over, but begins anew,
With courage you must greet the coming years.

To live forever in the past is wrong;
Can only cause you misery and pain.
Dwell not on memories overlong,
With others you must share and care again.

Reach out and comfort those who comfort you;
Recall the years, but only for a while.
Nurse not your loneliness; but live again.
Forget not. Remember with a smile.

A Navaho Prayer in the American Indian tradition