

Say Long Goodbye: A Collection of Heartfelt Poems About Grief



Say a Long Goodbye: poems about grief by Zach Payne

★★★★★ 5 out of 5

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Grief is a complex and deeply personal experience that can take many different forms. It can be all-consuming and debilitating, or it can be a quiet and persistent companion. There is no right or wrong way to grieve, and each person's journey is unique.

Poetry can be a powerful tool for expressing the often unspoken emotions of grief. Poems can provide a voice to the voiceless, offering solace and companionship to those who are struggling with loss. They can also help us to understand and process our own grief, and to find meaning in the midst of darkness.

This collection of poems explores the many facets of grief, from the initial shock and disbelief to the profound sense of loss and the gradual acceptance of a new reality. These poems offer a voice to the unspoken anguish and provide solace to those who are grieving.

In Memoriam

By Alfred, Lord Tennyson

Dark house, by which once more I stand
Here in the long unlovely street,
Doors, where my heart was used to beat
So quickly, waiting for a hand,

A hand that can be clasp'd no more—
Behold me, for I cannot sleep,
And like a guilty thing I creep
At earliest morning to the door.

He is not here; but far away
The noise of life begins again,
And ghastly thro' the drizzling rain
On the bald street breaks the blank day.

Do Not Stand at My Grave and Weep

By Mary Elizabeth Frye

Do not stand at my grave and weep; I am not there; I do not sleep. I am a
thousand winds that blow, I am the diamond glints on snow,

I am the sunlight on ripened grain, I am the gentle autumn rain. When you
awaken in the morning's hush, I am the swift uplifting rush

Of quiet birds in circling flight. I am the soft stars that shine at night. Do not
stand at my grave and cry; I am not there; I did not die.

Grief

By W.H. Auden

Now you will feel it—your heart Will be slow to recover. Your friends will go on talking— You will hardly hear a word.

The seagull screams: as if There were an answer to his cry. The distant lighthouse glows: As if it had to say something.

A leaf falls: as if Such a thing had never happened before. Nothing can make it stop— It is like a clock that won't run down.

When I Have Fears That I May Cease to Be

By John Keats

When I have fears that I may cease to be Before my pen has glean'd my teeming brain, Before high-piled books, in charactery, Hold like rich garners the full ripen'd grain;

When I behold, upon the night's starr'd face, Huge cloudy symbols of a high romance, And think that I may never live to trace Their shadows, with the magic hand of chance;

And when I feel, fair creature of an hour, That I shall never look upon thee more, Never have relish in the faery power Of unreflecting love;—then on the shore

Of the wide world I stand alone, and think Till Love and Fame to nothingness do sink.

After Great Pain, A Formal Feeling Comes

By Emily Dickinson

After great pain, a formal feeling comes—
The nerves sit ceremonious, like
tombs— The stiff heart questions was it He,
that bore, And Yesterday, or
centuries before?

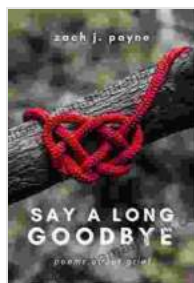
The feet, mechanical, go round—
A wooden way Of ground, or air, or ought
— Regardless grown, a quartz contentment,
like

A stone— A feeling in the air of odds—
And trepidation—to the looking eye
— There is a curious sense—as if—
Some ghastly friend had come—
And outward bustle is assigned to hands—
And inward purpose, pain—

And silent cautiousness—

These poems offer a glimpse into the complex and often contradictory nature of grief. They remind us that grief is a journey, not a destination, and that there is no right or wrong way to grieve. They also offer hope and solace, reminding us that even in the darkest of times, there is light to be found.

If you are grieving, know that you are not alone. These poems can offer you a voice to your unspoken anguish and help you to find solace and companionship on your journey.

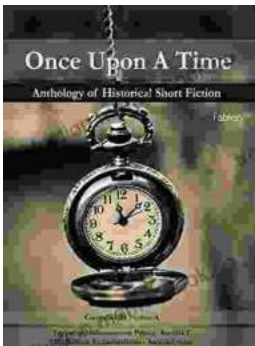


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