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# THRIVING TOGETHER

A Global Virtual AI Jam

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# In the Galaxy of Love

We came cloaked  
in the ache of our wounds.  
On a numbing rollercoaster of longing,  
through dark underground tunnel of trauma,  
from the home that had come apart  
by the shattering earthquake of loss.

Chained in pain, we sat with our grief  
And allowed our tears to cleanse our pain.

We walked into the dark night of soul.

We implored the grey of evening twilight,  
And gifted it our innermost light.

We sowed strength  
in the garden of our sorrow.  
And held in reverence  
the Sun that rose in our courtyard,  
the flower of grace that bloomed  
and filled the underground tunnel  
with its fragrance of faith.

Thus began our growth pilgrimage,  
ensuing from the rollercoaster of grief.

The chinks of resilience showed up  
and undid the chains of pain.

We walked into the  
blackhole of our lament.  
And woke up  
in the galaxy of love.

**Note** This poetry was composed by Neena Verma to honour the participants and the proceedings of the "Grief & Growth – An Affirmative Journey" immersive workshop that she conducted during the 2022 AI Jam.

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# From the 2022 AI Jamboard Grief & Growth: An Affirmative Journey

**THRIVING TOGETHER**  
A Global Virtual AI Jam

## Grief & Growth An Affirmative Journey

Designed & Presented by  
Neena Verma, PhD, PCC

Co-host  
Dev Raj Paudel

**THRIVING TOGETHER**  
A Global Virtual AI Jam

**GROWTH Mandala**  
Created by Neena Verma

**Grief Affirmation**  
Resilient Adaptation  
Opening to the Emergent  
Way to Wellbeing  
Transformation  
Harmonious Reemergence

**The Prayer**

May we embrace our pain with a sense of purpose.  
May we meet adversity with a world-view of abundance.  
May we heal our wounds with the warmth of our wisdom.  
May we see and create meaning in our suffering.  
May we grow strength in the garden of sorrow.  
May we eradle our loss with love.  
May we savour our dark with our light.  
May we serve the purpose we are chosen for.  
May we share the nectar of our growth with others.  
May our journey of grief become pilgrimage of growth.  
May we partake Nature's grace and spread ours in the world.

... Page 279, "Grief - Growth - Grace - A Sacred Pilgrimage" by Neena Verma

**Meaning-invocative Growth Inquiry**

In continued reference to the first inquiry, tell us the story of your resilient adaptation & meaning-reconstructive growth journey -

- What growth or transformation shifts did you experience? How did it happen?
- What lessons or insights or new perspective about living or losing have emerged for you? How do you intend to embed them in your life?
- Revisit your metaphor of grief. If you were to now reframe it as a metaphor of 'Growth' & 'Meaning' - what would that be? What does it mean to you, about you?

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