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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.

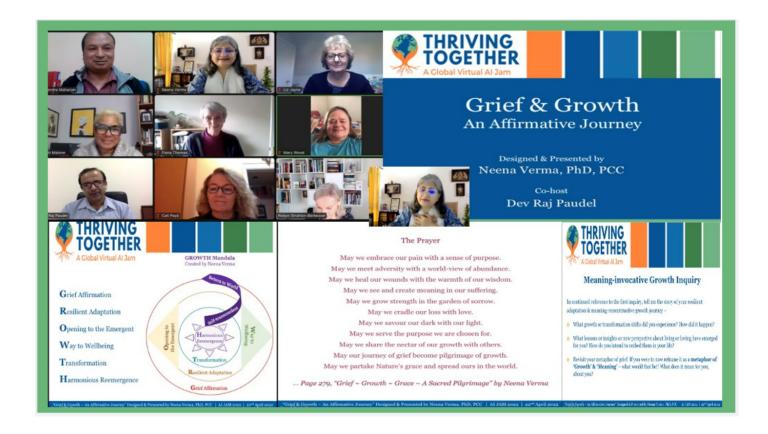
We walked into the blackhole of our lament. And woke up in the galaxy of love.

**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 Al Jam.

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Al Practitioner, May 2022, Verma: Grief & Growth Workshop

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



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