

Opens Like a Flower, Cut It with a Knife: A Buddhist Mother's Journey Through Grief

Ajahn Brahm's FOREWORD to Opens Like a Flower- Cut it with a Knife - A Buddhist Mother's Journey through Grief:

There is much that I will never know. Such as the extreme inner agony that a mother feels after finding her thirty year old son, a part of who she is, laying dead at home. I cannot know what is too deeply personal for sharing.

This excellent book, nevertheless, took me closer to appreciating a fraction more of that pain. It was like being allowed a special place, outside in the garden, so that I could glimpse through a closed window into a house to see a dear friend, the mother, weeping without being able to cry. I cannot enter that house to offer help, it is not my house. But I feel a strange sense of gratitude to her for letting me look in. She let me read an early edition of this book.

Sometimes, we all need to know the dense darkness of despair, to feel it, embrace it and then be free - from inside out.

It helps enormously NOT to be a 'fault finder'. Trying to blame someone else always comes back to laying the blame on one-self. Instead, we take the way of understanding that tragedy is part of nature, so is joy part of nature. They are inseparable opposites. They go everywhere together, although one often lags behind.

Facing truth demands all of our courage. The path to freedom is the most frightening and may often seem too much. But we carry on. Life has no 'U-turns'. The quicker we get to realize, and accept, that the nature of this life is often capricious, the sooner we will walk out from the darkness of hopelessness into the fresh life of lightness and freedom.

SUFFERING IS, INDEED, ASKING FROM LIFE SOMETHING THAT IT CAN NEVER GIVE TO YOU. INSTEAD, MAKE PEACE, BE KIND AND LIVE GENTLY

Blurbs...

Ajahn Brahmali:

Death is one of the most painful aspects of life, yet it affects us all. This book contains a powerful message of learning from death. If you deal with the process of grieving in a skilful way, you emerge as a wiser and more caring human being.

Ven Mettaji:

I wanted to commend you for your powerful and thoughtful new book. Rightly, your profound journey will now help tens of thousands of people around the world for generations to come. For those lost in a sea of fear and confusion it will be a beacon of light and hope, and encourage many to seek help and comfort.