



A Pilgrim on Life's Road: Guidance for the Traveller

Janice Gray Kolb

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The resolution of a grief is not a single event, but a journey. When our grief began, our mental, emotional, and even physical processes became impaired. The journey then begins to return us not to what we were, for grief leaves an indelible mark, but to a place of sanity where growth can take place. The destination may never be found, but the journey nevertheless must be travelled. This book is the last of three by Jan Kolb that have dealt with grief. The first was *In Corridors of Eternal Time: A Passage Through Grief* and the second, *Solace of Solitude: Afterlife Visits*. *A Pilgrim on Life's Road: Guidance for the Traveller* completes the author's wanderings and travels to the place where questions and aberrant thoughts have been dealt with. This does not mean that there is an end to grief. It does mean that grief has achieved a new dimension and now contains elements of resolution. In resolving the many faces of grief we find that new avenues of experience have developed new levels of understanding. This book describes some of the rest-stops that are helpful in achieving this resolution. The author compares these rests along our travel road to beads on a Rosary. These become the meditational areas of consideration as we travel this road toward quieting the grief that has struck us down. They include discussions and reflections on Devotion, Forgiveness, Imagination, Transformation, Hope, Gentleness, Wonder, Beauty, and Compassion. It also includes a discussion on the final experience of Death. Like many of life's experiences, grief will not be eliminated or forgotten, but by travelling through the experience in a controlled and meditational way, it can actually become an enhancer rather than a destroyer. The road here presented is well marked, with directional road signs, rest areas, and companionships to help the traveller achieve release from the bonds caused by grief. Help is here. Open yourself to receive that help. True help is not just an opiate for pain, but a well-thought-out plan to achieve goals. In *A Pilgrim on Life's Road* you'll find that help.

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