

## Before Karpas

Contributed by [jayce koester](#)

**Source:** Adrienne Maree Brown, *Emergent Strategy: Shaping Change, Changing Worlds*

“Remember you are water. Of course you leave salt trails. Of course you are crying. Flow. P.S. If there happens to be a multitude of griefs upon you, individual and collective, or fast and slow, or small and large, add equal parts of these considerations: that the broken heart can cover more territory. that perhaps love can only be as large as grief demands. that grief is the growing up of the heart that bursts boundaries like an old skin or a finished life. that grief is gratitude. that water seeks scale, that even your tears seek the recognition of community. that the heart is a front line and the fight is to feel in a world of distraction. that death might be the only freedom. that your grief is a worthwhile use of your time. that your body will feel only as much as it is able to. that the ones you grieve may be grieving you. that the sacred comes from the limitations. that you are excellent at loving.”

— **Adrienne Maree Brown, *Emergent Strategy: Shaping Change, Changing Worlds***