

# Fear and/or grief concerning the death of others

Post by “Kalosyni” of July 28, 2025 at 3:11 PM

About a month ago I experienced the loss of a pet, and I wrote down some notes after a number of days had passed. Here expressed in very abstract terms, and with some additional editing, are some thoughts about the "existential experience of grief".

- 1) The reality of death - seeing with one's own eyes the physical nature of death. Reflecting on this, one sees that all living beings including oneself will one day die - we are indeed mortal.
- 2) The tragedy, pain, and suffering of the deceased as they went through the process of dying - and the question: "Could the death have been prevented?".
- 3) The loss - coming to terms with the expectation that the loved one would always be near, and realizing that there had been an attitude of "possessing/owning". (Specific to this situation: "my baby kitty".)
- 4) Dealing with the day-to-day experience of not having the loved one in one's life - Adjusting. Remembering the good and happy moments from the past.
- 5) Re-directing love and attention - taking time to focus on and care for those who are still alive.