

A Letter to Oneself
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Adult Category: Third Place

They say if you love someone let them go, but they don't tell you what to do
if they never come back.

They also say its better to love and lost than never to love at all, but they
never explain how to mend a broken heart.

Because you are gone, I know now that real tears are not those that fall
from the eyes and cover the face,

They are those that fall from a broken heart covering the soul, adorning it
with memories that never fade.

I understand now that there are times in life when we all have to say
goodbye to someone, even if we don't want to.

It's not that we don't care about them anymore, but saying goodbye
sometimes this is the only we that we have left of saying. . . "I love you!"

Saying goodbye also helps us to move on to a place of healing.

How can one move on while our heart lies broken, torn, or shattered?

Piece by piece you pick up the broken parts and form a mosaic, in doing so,
one makes a new image.

This image can give you meaning and hope, this hope forms a path
through the pain and darkness.

While the meaning gives us something to hold onto while we are in that
awful place.

You are in pain because you love that person that had to say goodbye, but the pain will one day ease, and you will have peace.

Peace in the knowledge that you both made a difference in each other's lives.

The life of a brother, a sister, a son, a daughter, a mother, a father, a spouse, or even a friend.

That difference you both made, made an impact that traveled from you both to other people.

On and on, that difference will expand outward forever more, touching millions, leaving a legacy that will endure through all time.

Still, in the midst of your despair, you ask yourself, "Why is it that the things that they did, that once made me laugh, now make me cry?"

I'll tell you now, that you cannot have one emotion without ever experiencing the other emotion.

So, cry now, but know that you will feel joy again, hopefully someday soon.