



The flip side of love is loss

Bởi:

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“When you love someone, every moment is shadowed by the fear of loss. Then loss occurs, and you feel more love than ever. The more you loved, the more you feel the loss. Depression, then, may be seen as the strongest expression of love.”

Roger Rosenblatt: *Kayak Morning*

“If I’d never loved I never would have cried,” goes the song “I Am a Rock” by Paul Simon. Turning yourself into a rock would be a surefire way to make sure that you never cry, that you never experience grief, and that it wouldn’t matter if your world turned upside down because you wouldn’t care.

It would also be a cold, sterile, and pretty meaningless existence. To love someone is the ultimate expression of the soul, and to love is to, eventually, experience loss. To love is to eventually cry.