

A Time to Mourn and a Time to Dance

Ecclesiastes 3

¹There is a time for everything,
and a season for every activity under the heavens:

² a time to be born and a time to die,
a time to plant and a time to uproot,

³ a time to kill and a time to heal,
a time to tear down and a time to build,

⁴ a time to weep and a time to laugh,
a time to mourn and a time to dance,

⁵ a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,

⁶ a time to search and a time to give up,
a time to keep and a time to throw away,

⁷ a time to tear and a time to mend,
a time to be silent and a time to speak,

⁸ a time to love and a time to hate,
a time for war and a time for peace.



by [ulisse albiati](#)

I love this passage from Ecclesiastes as it reminds us that mourning is only a season in life. Grief can be experienced at the loss of a job, divorce, moving out of a home, the loss of a pet, an illness, a strained friendship or any other sense of loss, not just after the death of a loved one.

Just as homeopathy offers unique remedies for unique

symptoms, there really is no typical grief. Some people fully embrace the grieving process and start to move on relatively quickly. Others may try to move on and suppress their grief, only to have it show up months or years later or appear as physical symptoms.

However, if grief becomes insurmountable and unbearable, it is necessary to seek help. I have seen too many people stuck in the daily throws of grieving years after their loss, unable to return to a productive life. In situations like these, homeopathy offers a gentle girding to ease the severity of grief. While no remedy will make us not miss a loved one or feel like the loss never happened, remedies can help aid the mourning process, to see the light in life again and have hope for the future.

After my aunt died a few years ago, my uncle suffered profound, unyielding grief. He wept so deeply that it sounded more like a chronic moan. This lasted for many days until I gave him *Ignatia 200*. After a few days, he was improved, and I urged him to take the remedy twice daily from that time forward for perhaps a few weeks. Within about a month, he ran out of the remedy and didn't buy another bottle.

It wasn't long before the suffering returned, and he began having delusions that my aunt was on the couch across the room from him. He'd call me, sobbing uncontrollably and gasping for air.

This is a call for [*Ignatia 200 or 1M*](#) every 3 hours. I chose the higher potency because his suffering was so severe. I ordered another bottle of the remedy for him, had it sent and called him a few days later. He was nearly back to his

normal self.

The delusions were gone, for which he was exceedingly grateful. He relayed that they were the worst part. "I still miss her and wish she was with me, but the pain is not so vast."

With the help of a well-chosen homeopathic remedy, it is possible to have hope for the future and experience the time to heal, the time to laugh and the time to dance once again.

My uncle has since passed away, but homeopathy offered him peace in the last years of his life, allowing him to remain useful and even content with his time alone.

Can you think of any other medicine that can offer such gentle power?

Right. Neither can I.