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EMPOWERMENT



**From Mourning to Morning**  
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**January 14th 2016: Who am I and what is grief?**

I am Rabbi Mel Glazer, and this is my first show. I am delighted to be your host. I will introduce myself and you will get to know me a bit better. Then I will begin to teach what I know about grief and healing. I will ask and answer the questions: what is grief all about? What is the goal of mourning? My answer may surprise you, because it has little to do with the one who died. It has to do only with you! I will tell a Zen story and you will immediately understand how I hope you might begin to think about grief. Lots of different losses in our lives. Death, divorce, pet loss, loss of a r

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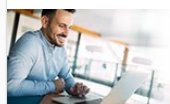
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