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Francis Weller identifies FIVE Gates of grief:

- **First gate: Everything we love, we will lose**

All of know this gate: from our first pet to our dearest beloved

- **Second gate: The places that have not known love**

Weller says, "We cannot grieve for something that we feel is outside the circle of worth." We must first retrieve these often shameful place and neglected places we have pushed and pushed away. These dark places of loss could be childhood abuse, trauma, abortion, living in poverty or with substance abuse or both- all these places need our love and tending.

- **Third gate: The sorrows of the world**

We've had more than our share of these sorrows: Wildfires, loss of animal and plant species, innocents lost in war, refugee camps, starvation and food shortage, and Covid just to name a few.

- **Fourth gate: What we expected and did not receive**

This gate should not simply be linked to blame, but it is a deep longing for community, for connection to people and the earth, to be solidly unabashedly loved. This gate is difficult because we might not even know what it is we grieve. It isn't simply, "If I'd gotten that job, everything would be different" but what goes deeper: self-worth, the ability to support oneself and one's family, the idea that we haven't been able to bring our gifts more fully to the community in which we live.

- **Fifth gate: Ancestral grief**

This is the grief we carry in our bodies from sorrows experienced by our ancestors.