

Light

in the darkness of

Grief



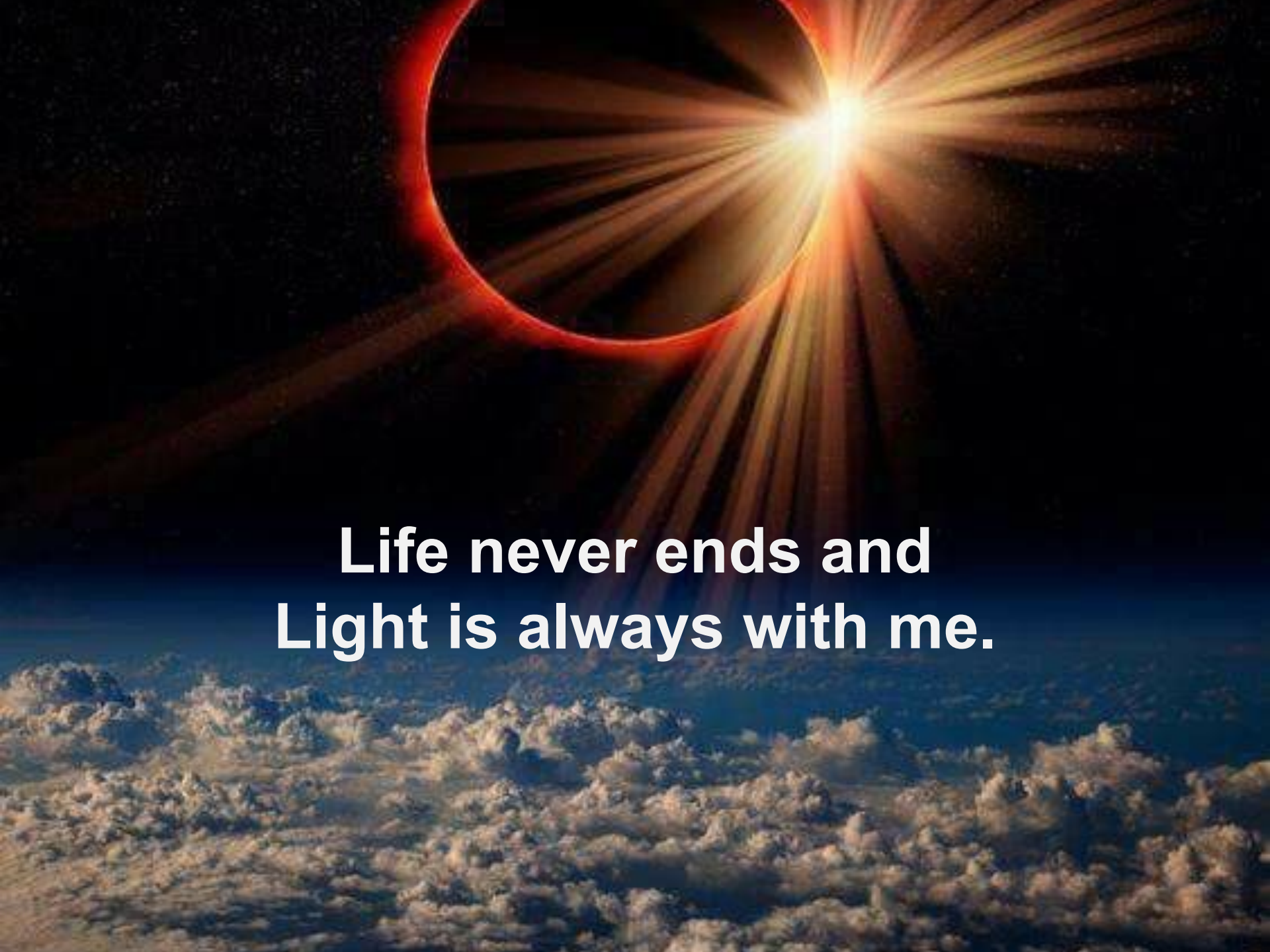
**The Sikh Spirit of  
Chardi Kala  
as a cure for Grief.**

# ***Choosing Thoughts of Light***

**The comforting presence of God  
is always with me.**

**The power of God inspires  
and strengthens me.**

**Divine Love calms my mind  
and lifts my heart.**

A composite image featuring a bright sun with rays shining through a circular opening in a dark, textured surface, with a view of a cloudy sky below.

**Life never ends and  
Light is always with me.**