

***The Hall of Bulls, Lascaux, France, 17,000 BCE***



**\*\*First Question First\*\***

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

## ***The Hall of Bulls, Lascaux, France, 17,000 BCE***

Death and grief are primal experiences. They can burn through excess and re-prioritize what is basic to living. In the early days especially, we may find ourselves in survival mode, easily distinguishing what is necessary from what is not. Much of what we once spent our time on may now feel superfluous, even trite. Essentials like food and shelter take precedent. We have entered our own grief cave.

And there is no light source. We cannot see our hand in front of our face, it is so dark. So, we feel around. We listen to the quiet depths knowing many like us have been here before. They have left images on the walls, animals outlined in black for quick identification. Their handprints mark their existence, the limestone walls still holding their saliva spray, the secrets of our DNA. Our prehistoric ancestors marked their lives in these cave sanctuaries, set apart from daily survival activity. Life was hard. Food and shelter focused their days. As did creating life deep within those caves. Living in the dark can illuminate the spirit.

Q.) What is fundamental to your life now? How is grief re-prioritizing what feels essential to you?

And have you created a place, a sanctuary where you can keep an ear to your depths?