

Frida Kahlo, *The Broken Column*, 1944



****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.

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If we are fortunate, we may have a few “foundational” people in our lives. They are the ones we go to for support and understanding. Or know us in ways no one else does. They may inspire us, make us laugh, or give us wise counsel. In whatever ways we experience these close relationships, we understand their deep impact and influence on our lives.

When we lose a “foundational” loved one a rupture has occurred. Like the crumbling Classical Greek column in place of Kahlo’s spine, we may feel a part of ourselves shattered, unstable, unable to hold ourselves up under the weight of grief.

Losing my Dad has left me shaky at times. While the good fortune of having had him as my Dad in the first place always soothes, the searing pain of loss has, at other times, felt levelling. I have begun to feel a shifting though, an understanding that his love – that ineffable ocean – is what buoys my soul. It helps me ride those tidal waves of yearning, of surreality that can still leave me in disbelief that I will never again see him or hold his hand. Shifting my attention to this soul-to-soul love is transforming me. While I have lost him in person, his love is so very tangible. It is his love that is foundational.

Q.) How has losing your loved one rocked your foundation? Write about the shakiness you may be experiencing.