



REMEMBRANCE

STORY OF OVENS IN STONES

Third messenger searches out narratives
that bring into play stories that share the
enlightened human condition and that honor
the sanctity of the sacred art of being and
dying.

This story shares in that dimension where
acts of awakening transform grief and fear.

Take the time to read these aloud with one
another.



MEMORIES IN STONES

Pavel Stransky, 91, uses the metaphor of a balance scale to describe his life. One side is filled with darkness and bitter sadness while the other is filled with lighter moments, love and forgiveness. When I asked him which side weighed more he softly said the darker side. As a young Jewish man of 19 on Dec 1, 1941 he was rounded up by the Nazis and sent to Theresienstadt, a concentration camp / ghetto created by the Nazis to be used as a staging area for the transporting of thousands of Jews to various concentration camps in Central Europe. His girlfriend was rounded up as well along with his mother and other family members. The walled town which originally accommodated 5,000 was filled by the Nazis with 60,000 Jews, Christians of non-aryan descent, the infirmed and the mentally ill. Imprisoned in this ghetto with little food and no clean water he was fortunately still able to maintain some contact with his girlfriend. When the Nazis decided to ship him to Auschwitz- the largest of the German extermination camps, he was told it was simply a relocation. Pavel and his girlfriend married the night before so she could accompany him. The only way they could go together was if they were married. So they married in the ghetto of Theresienstadt and their honeymoon was to go to Auschwitz together. Of course, once they arrived they never saw one another again. Through a series of small miracles, the two of them, unbeknownst to both of them at the time, survived and were reunited after Germany was defeated and the camps were liberated. Pavel and his wife both surviving Auschwitz was one of the very few miraculous stories that came out of this gruesome, dark time. Almost all prisoners perished in the camps. During the afternoon we spent with Pavel, who today conducts tours at Theresienstadt, he walked us to a memorial, gravesite filled with stone markers signifying the thousands that perished there. When visitors pass these markers they place a found stone upon its weathered surface. The sadness that these stones symbolize is somehow still able to coexist, at least for me, with the inescapable deep beauty of their random arrangements.

Credits [NICHOLAS WILTON AT 10:40 PM](#) [2 COMMENTS](#) [LINKS TO THIS POST](#)

STONES OF SADNESS
STONES OF BEAUTY
STONES OF SUFFERING
STONES OF REMEMBRANCE



Grief Loss and Sadness:

WHY ? WHY NOT ? Beauty or Suffering

Why have I experienced loss

Why did this happen

Why am I suffering

What is this pain and what are these feelings

THE STONES AS TEACHERS

Bringing home the lessons of grief: In order to help explore and prioritize ways which ones life can change and improve, work with the following questions in your journal.

What are my emotional triggers - which people, what places, what activities remind me of the intensity of my loss?

How has my relationship to these triggers changed?

What do I do differently after my loss that helps me feel invigorated, or in touch with my life's purpose? How have I changed?

Are there negative habits or routines that I have developed, or old habits I would like to break?

How do I structure my time? What healthy activities am I doing?

How have I grown spiritually?

Are there lessons that I have learned that I would put in practice if I had to go through grief all over again?

Are there moments in the recent past in which I passed up the opportunity to put the wisdom of my grief and compassion into practice? What obstacles stood my way?

Are there things that I do every day that would be enriched with greater mindfulness or greater compassion?

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OUR
RELATIONS**



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