

A Lesson on Dying

I don't think I can go on without him.

Nothing throws us off-balance like the death of someone we love. Dealing with the death of someone you love is like coming home to find you've been robbed. Rarely do we give our "permission." It's a shock to the system; a cruel mean event. Death and life are two sides of the same coin called creation. No living creation is immortal.

What, if anything, can we learned from the dark event we call *death*? Let me offer 3 things: 1) Learn to live 2) Learn to love and 3) Learn to let go.