

TALKING POINTS

I have learned that death is a teacher and a friend. Here are ten things it taught me about how to live:

1. *Live your life so you have no regrets.*
2. *Admit to yourself that life is fleeting and all things as we know them will come to an end; then out of the awareness of the endings, create new beginnings.*
3. *Begin to heal your life by making choices that allow you to control your own destiny.*
4. *Acknowledge the presence of those you love, and honor your spouse or partner, your children and your friends.*
5. *Never resort to violent acts or bring ruthless thoughts into the realm of your being.*
6. *Bring love into every situation and replace vengeance with peaceful, loving intentions.*
7. *Elevate your actions to reflect the highest principles of living; show love, respect and honor for all life.*
8. *Waste no energy on vanity or pride.*
9. *Be generous and giving and pursue the highest purpose in all you do*
10. *Let go of life in the sweetest way you know how.*