

Exploring the Transformation of the Death Experience Through the Eyes of a “Pilgrim Spirit”:

- ✓ It is possible to think of death as a spiritual experience that leads to expansion and growth, and not a dead-end road filled with darkness and destruction.
- ✓ As Americans we are offended by death because we think that with enough ingenuity, we can overcome any obstacle in our path. In the case of death, we cannot, although we try very hard.
- ✓ If we let go of the conventional concept of death being the “Grim Reaper” we can look at it in a different light; as a friend and a teacher.
- ✓ We can make conscious choices about how we want to think about death and dying just as we make conscious choices about life and living.
- ✓ We live in two worlds; one that is invisible and one that is not. Living in the world includes tangible objects within our control, whereas the invisible world of death involves trusting that all will be well, in spite of what seems.
- ✓ Recognize that the idea of death seeps into our consciousness by gently embracing its presence over time, and fear of it is the result of running away from it.