

Today's lesson is inspired by Michael Singer's book [The Untethered Soul](#). Much of my lesson material comes from chapter 17 *Contemplating Death*.

Our dear friend Laura Parent passed away on December 28, 2015. I believe that Laura lived life to the fullest. She always shared her smile, her laughter and her truth with me. I am paying tribute to her today and dedicating this service to her. *Laura, we do not say good-bye to you but rather God speed on your journey.*

Here are some quotes and thoughts from this chapter:

*It is truly a great cosmic paradox that one of the best teachers in all of life turns out to be death. No person or situation could ever teach you as much as death has to teach you.*

*The question is, are you going to wait until that last moment to let death be your teacher? A wise person realizes that at any moment they may breathe out, and the breath may not come back in.*

*Any time you're having trouble with something or someone think of death. What would you or the person or situation be like if you or the other person were dead?*

*Look how callous we get with our loved ones. We take it for granted that they're there and that they'll continue to be there for us. What if they died? What if you died? What if you knew that this evening would be the last time you'd set to see them? How would you feel? How would you interact with them? Would you even bother with the little grudges and complaints you've been carrying around? How much love could you give the ones you love, knowing it would be the last time you'd get to be with them?*

*Life is not something to waste. It's truly precious. That's why death is such a great teacher.*

*So death actually gives meaning to life. Death is your friend. Death is your liberator. For God's sake, do not be afraid of death. Try to learn what it's saying to you. The highest way to learn is to take each moment of your life and realize that what matters is to live it fully.*

*You fear death because you crave life. You fear death because you think there's something to get that you haven't experienced yet. Many people feel that death will take something away from them. The wise person realizes that death is constantly giving them something. Death is giving meaning to your life. Death actually helps you get your life back by making you pay attention to the moment.*

*If you are living every experience fully, then death doesn't take anything from you. There's nothing to take because you are already fulfilled.*

*You really don't need more time before death; what you need is more depth of experience during the time you're given.*

*Death has made you a great promise in which you can find deep peace. The promise is that all things are temporal; they are just passing through time and space. If you have patience, this too will pass.*

*It shouldn't take death to challenge you to live at your highest level. Why wait until life is taken from you before you learn to dig down deep inside yourself to reach your highest potential? A wise person affirms: *If with one breath all of this can change, then I want to live at the highest level while I'm alive.**

**Affirmation:** *With one breath all of this can change. I am living from the deepest part of my being!*