

From Endings Come Beginnings

By David Little



Well here we are again it's almost Spring and new themes begin to emerge just like the seeds are starting to push through the earth.

Most recently the theme that has presented itself to me has been *impermanence*. This comes in many shapes and forms. The economy, the weather, health, these are some of the everyday themes we all have in common. For me the most prevalent one has been death or as I like to see it the *impermanence* of Life itself. Now this may sound like a bummer to you if you look at it from a negative or conventional viewpoint.

I am choosing a different way to look at it.

In the last few months a few people I've known have died, some were friends, some were coworkers & some relatives.

What this did for me was put things in perspective in relation to my own life and how I LIVE in the world.

I had already made my theme for the year awareness, so I was already looking closely at what was happening around me. I made a conscious choice to express to the people in my life how much I **love** and **care** about them.

The theme of life's *impermanence* kept popping up. Even as I am writing this article a friend emailed me to tell me about the sudden demise of his father-in-law .

What this really means to me is you have to live in the moment and really be there for all that is happening right now.

I went to a funeral a couple of weeks ago for my partners aunt who had died at the age of 75. She had been through some health problems and had Alzheimer's and was in an extended care home. One of my brother-in-laws is a pastor, he was presiding at the service. It was a Christian service complete with Biblical references & hymns. Not my belief system , but I could relate to the spirit in which it was presented.

The most poignant moment came when her son gave the eulogy. What he said that really plucked at my heartstrings was a story about how his mother loved traveling by automobile to see the sites of our beautiful country (Canada). He rented a motor home and took her around the province of British Columbia where we live. The point of him telling this story was that this was something that she always wanted to do. Had he waited for the right time or put it off he may never have had the chance to have that experience.

What he said after that really hit home. He said:

“If you are planning on doing something with someone you love **do it now**, don't wait until you retire or when the timing is convenient because **you may never get the chance.**”

He was so grateful for the time he did spend with his mother. This had a huge impact on me as I was already telling the people in my life how much I **care** about them. It *reinforced* the feeling that I am on the right path and that you must take *action* to continue forward.



After the service we all went to a hall for refreshments with all the friends & relatives attending. People were reconnecting with their kin and making new connections with people they just met. Later we went over to the house for an informal gathering. I met some cousins of my partners that she hadn't seen for many years. This turned out to be a lot of fun. Promises were made to meet up again soon.

This death caused people to come together and celebrate the life of someone close to them.

I can't really say it any better than it was summed up in the eulogy. All I can say is these things are signs or clues to how we can *live in the moment* and really *connect* to the people in our lives. I would urge you to explore this in **your** own life and see where it takes **you**.



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[Who is this David Little anyway?](#)