

# Top 5 Regrets of the Dying

*Don't wait until your health fails before living the life you want to live*

by: Bronnie Ware | from: AARP | February 1, 2012

## **1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.**

This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people have not honored even half of their dreams and had to die knowing that it was due to choices they'd made, or not made.

It's important to try to honor at least some of your dreams along the way. It's too late once you lose your health. Health brings a freedom very few realize, until they no longer have it.

## **2. I wish I didn't work so hard.**

This came from every male patient I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence.

By simplifying your lifestyle and making conscious choices along the way, it is possible to not need the income that you think you do. And by creating more space in your life, you become happier and more open to new opportunities, ones more suited to your new lifestyle.

## **3. I wish I'd had the courage to express my feelings.**

Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.

We cannot control the reactions of others. However, although people may initially react when you change the way you are by speaking honestly, in the end it raises the relationship to a whole new and healthier level. Either that or it releases the unhealthy relationship from your life. Either way, you win.

#### **4. I wish I had stayed in touch with my friends.**

Often they would not truly realize the full benefits of old friends until their dying weeks, and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort they deserved. Everyone misses their friends when they are dying.

It is common for anyone in a busy lifestyle to let friendships slip. But when you are faced with your approaching death, the physical details of life fall away.

People do want to get their financial affairs in order if possible. But it is not money or status that holds the true importance for them. They want to get things in order more for the benefit of those they love. Usually though, they are too ill and weary to ever manage this task. It all comes down to love and relationships in the end. That is all that remains in the final weeks: love and relationships.

#### **5. I wish that I had let myself be happier.**

This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called "comfort" of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to themselves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again.

When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying.

Life is a choice. It is **your** life. Choose consciously, choose wisely and choose honestly. Choose happiness.

# 5 Surprising Truths About Grief

**New research reveals that common conceptions about dealing with loss of a spouse are all wrong**

AARP | February 1, 2012 by Ruth Davis Konigsberg

Losing a husband or wife is a devastating experience that many of us will have to face. About 40 percent of women and 13 percent of men who are 65 and older are widowed, according to latest census figures. Until recently, very little sound research existed about how we live on after a loved one has died. But in the past decade, social scientists with unprecedented access to large groups of widows and widowers have uncovered five surprising truths about losing a spouse.

## 1. We oscillate.

For years, we've been told that grief comes in five stages: denial, anger, bargaining, depression and acceptance. If we were to diagram those stages, the emotional trajectory would look something like a large capital W, with two major low points signifying anger or depression, and the top of the last upward leg of the W signifying acceptance.

But when psychologist Toni Bisconti of the University of Akron asked recent widows to fill out daily questionnaires for three months, vast fluctuations occurred from one day to the next. A widow might feel anxious and blue one day, only to feel lighthearted and cheerful the next.

In other words, we don't grieve in stages at all, but oscillate rapidly. Over time, those swings diminish in both frequency and intensity until we reach a level of emotional adjustment.

## 2. Grief is not forever.

One of the most important new findings has shown that for most of us, grief is a severe — but self-limiting — condition, not a permanent state.

In one study of older men and women who had lost spouses, George A. Bonanno, a clinical psychologist at Teachers College, Columbia University, found that the core symptoms of grief — anxiety, depression, shock, intrusive thoughts — had lifted by six months after the loss for 50 percent of the participants. Smaller groups took up to 18 months or three years to resume normal functioning.

Loss is forever, but thankfully, acute grief is not.

### **3. Loss is harder for men.**

For years, clinicians have been operating under the assumption that women grieve harder and longer than men. In 2001, psychologists Wolfgang and Margaret Stroebe (a husband-and-wife team) decided to examine all the existing research and came to the surprising conclusion that, after taking into account the higher rate of depression in the overall female population, men actually suffer more from being bereaved.

We might be under the impression that widows despair more, but that's because there are many more widows to observe.

### **4. You don't necessarily need counseling.**

Often, well-meaning friends and relatives will urge you to attend a support group, or go to see a grief counselor. Although taking such steps might make you feel better, it's certainly not a requirement for healing. According to a 2008 survey, most grief seems to go away on its own.

Counseling can be helpful, however, for people whose grief has already lasted a long time and who are likely suffering from a condition called "complicated grief."

### **5. Humor can heal.**

In 2008, psychologist Dale Lund of California State University surveyed 292 recently bereaved men and women 50 and older, and he found that 75 percent reported finding humor and laughter in their daily lives, and at levels much higher than they had expected.

Other research has shown that being able to draw on happy memories of the deceased helps you heal — those who are able to smile when describing their relationship to their husband or wife six months after the loss were happier and healthier 14 months out than those who could only speak of the deceased with sadness, fear and anger.

As hard as it might be, try to focus on good memories and feelings about your relationship, as it is the positive emotions that can protect your psyche and help you find serenity.

## The Spirit's Transition

*From the Spirit source of the Pathwork, known as the Guide. Originally delivered June 8, 1974 regarding Gary Danna and sent to me 1/30/12 by Gay Danna with pronouns changed for Peg.*

Greetings and blessings my dearest friends here. It is extremely difficult for the human state of consciousness to imagine that something that cannot be seen or heard continues to exist. I know that many of you in your mind can accept this as a theory, as a belief. But to experience the reality is only possible when your inner state of development has considerably progressed. When purification work has progressed to a much stronger degree and when your consciousness is raised beyond the two-dimensional level.

Your beloved friend has withdrawn her life spark from the vehicle she created for herself. This does not mean that she ceased to be as the best you have known of her. These are not mere words, my friends. The coming into where she really belongs is an extremely joyful occurrence. Human life on the material plane is a mirror image. It is the opposite reflection of inner reality, which is indeed the real reality, the eternal reality. Therefore, often what you experience as joyful here may be sad in the real reality and vice versa. For often the pleasures of the immediate little ego are not necessarily what the God-self knows as good and beautiful.

By the same token, when you look at birth and death, what I say here becomes very obvious. You see the infant struggle into the little body. He protests, he cries, he screams, he is not at all happy about this temporary confinement; and when most human beings leave their bodies you can see peace on their faces. This is an indication, my friends, that when a life has been well lived, when the task for which one has come has been fulfilled, it is joyous and it is liberation, and that is indeed the case here.

You have your sorrow of missing someone you love and that sorrow and pain and sadness should not be avoided. It should be felt for what it is. Yet do not cling too long to it, in the misconception that this proves your love, for that is not what your friend should want. Feel the sadness. Let it carry you into your joy. Do not confuse it with the guilt for having missed out, for not having been perfect in your love as yet. You work toward perfect love but it will take a lot more than where you are right now to reach this state. Therefore you must accept how you are and where you are and not dilute and spoil the love feelings you actually have with the guilt for not being more perfect. Do not confuse healthy sorrow and grief with guilt—with feelings that you ought to feel more.

If you have cut off your feelings, that is something that you have to deal with on your Path, but deal with it without any self-blame and the more pure your love will shine, for the love is already in your heart whether you feel it or not. And as you focus on your spark of love you will know that nothing that appears as a manifestation of the body could ever be gone from the face of the universe. Nothing can really disappear. A unit of consciousness or energy, whether it is a human personality or a plant, or a flower; whether it is an animal; whether it is an idea; whether it is a universe, whether it is a segment of what you call time, it flickers on into a manifestation and then it flickers

off again. When it flickers off and withdraws from your field of perception, it appears in another field of perception that goes beyond your momentary comprehension.

So a life organism flickers on and off from one sphere to the other. And when a life organism creates its material vehicle that provides the opportunity to temporarily house that spark of divine consciousness on the material plane, there is a great purpose attached to such an appearance, whether it is a blade of grass or a human personality. In both instances the flickering off is not the end. It only appears, what you might call, somewhere else. Time, as it runs through your fingers, as it were: the same phenomenon applies here. Time does not run out any more than the consciousness you have known. It flickers on in a different realm of awareness.

If you can meditate about this phenomenon you will prepare your consciousness to comprehend on a deeper level what I say here to you, and the sadness will only be temporary. She is not gone from you, only you cannot see her, and what is sadness here in your realm is rejoicing in another realm. Light has flickered on again and through her lifespark she has left something of her divinity and has thus fulfilled her task.

There is a great and wonderful blessing, my friends, over all of you. It goes into your hearts and into your deeper minds to console you to help you turn your clean sorrow into clean joy. For only as joyous human beings can you bring more joy into the world, can you fulfill your task in helping others to an even greater degree. And do not feel guilty to feel the joy in you, but do not deny the sadness either. For sadness and joy are both two sides of the same coin. If you can accept and feel the one, you can accept and feel the other.

Dearest ones, receive the blessings and feel the presence of all those who love you and help you even if you cannot see them.

Be blessed.