



Dying To Live Life to the Fullest

Picture this – a small intimate room, cantaloupe orange in color with white woodwork surrounded by white twinkling lights around the windows, complete with 9 strangers talking about their death in a Tibetan Buddhist Monastery taking a Living Will Class. My birthday present to myself this year was “working on” the Clean Sweep program. I do this 100 point program with all my coaching clients. You have more natural energy when you are clear with your environment, health and emotional balance, money and relationships. So, during my birthday week I enrolled Gary and myself in two classes: Will class, and Living Will class through Community Ed. It was amazing that we wrote our will in 1 1/2 hours with 12 other people. It is a “start,” we feel. I can not tell you the energy I have gotten from getting this DONE!

In the Living Will class we were guided with the caring kindness of Marva, an oncology nurse.

We both don't want CPR or dialysis if we have a terminal illness. On Gary's health care directive he wrote in big bold letters, “I don't want to be a vegetable.” He again voiced that he wants to be cremated. And wouldn't you know it...the woman across from me happened to be a potter and offered to make Gary his urn for his ashes. I still want to be buried under a huge oak tree (still not sure which state that oak tree will be in).

The “living will magic evening” as we call it surprised me with an even bigger present. Gary and I have spent time talking about all the things we want to do before we die. We both want to drive to Alaska. He wants to hike the Grand Canyon, XC ski in Yellowstone, and see the ruins of Peru. I want to be a volunteer guide at Rocky Mountain National Park and help the big horn sheep down the mountain and cross the road. I want to write a children's book, go to Italy and see the Olympics and dog sled. I have always wanted to do Community Theater and just laugh and smile a lot MORE!

By focusing on tomorrow, like our death, Gary and I are living in today. We are making plans. You see, God doesn't promise us tomorrow. We all die someday. I wish I would know the exact day I could see my grandparents in heaven because I can't wait to sing Polish songs with Gram Lily again. In the meantime we just have to live life to the fullest. Kirby Puckett, the great Minnesota Twins baseball player, played every baseball game like it was his last. On March 28, 1996 he awoke with blurred vision in his right eye. He never played again. He was found to have glaucoma and retired on July 12, 1996. We are terribly saddened by his death this week.

Are you living life to the fullest? Today, you have the wonderful opportunity to think about “how I would live if...” and to begin living that “if” today. Remember, you don't get to choose how or when you will die, but you do get to choose how and when you start to really live!

Do it today!

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