I teach Death & Dying as a course. I discovered something. It's all in the perception. Here's what I mean.

Immense energy resides in a loss. When a spouse dies, there are voids in the survivor where the spouse used to be. And in those voids is energy - - - blazing, explosive energy. Some of it goes to denial or anger or depression. . . especially depression. Some of it goes into the grieving process - - three years or more. Lots of energy there. You can't cork a volcano. The energy will come out.

Here's where perception comes in. Aldo, for example, flies from Baltimore to San Francisco in a 747. He's ter-ri-fied. He sees the plane going down on that yellow brick road in Kansas: big boom, no parachute, fried Aldo, yellow fire, grey foam, black smoke, good-bye.

Joanna flies the same plane, same route. She's thrilled and excited. She sees high speed, great look at Earth, the Wright Brothers' brilliance, beach and boys vacation, popsicle madness. She can't wait. It's all in the perception.

al l an impressive manifestation, at seed was transformed, and quite Look at the new redwood tree. That's what any resurrection is level, energy liberated by the Thus with loss. That tremendous The energy from the loss of the the tree and dies. A can be about. The seed falls off used to jump to a new a new creativeness. loss?

selling, and the strength of countless young lives through Chardin's Giovanni. grieving Mozart Cypresses, The Bathers and Ia Orana Maria. A distraught and created be directed to create. Look at In human beings that energy can ashes comes the phoenix. during World War II. From the underground railroad. Asylum Tubman and the others in the Degradation their friends, gives birth to her "re-membering" her lectures, writings, counhas since comforted (saved[?]) her son, Jodi, to suicide. She Divin. Susan White-Bowden lost Phénomène Humain and Le Milieux losses roused the muses Van Gogh or Poland, Hungary and Scandinavia Kalaupapa love shown people with AIDS by loss. The caring and sustaining Samaritans emerged Starry Night Out of Teilhard conflicts 18 stirred Gauguin. Their and Damiens. in Germany, everywhere. wrote after the came Harriet that and Don Le



The our the fishermen got to change the world the way no fishermen had gians. No one will forget her . . . nor the lepers, nor the Their losses Look at the transformations in gospel losses. Christ started a fellows and our God. Peter and from chaos to courage . . . and hearts burning within us ...?" ship with the GodHead. Lazarus showed love beyond of learnéd theolowhole new way of looking at our ever done. The upper room went Mary revealed woman's partnergreat stories to tell. Emmaus walkers: "Were not streets. made them famous for us. boldly into the beggars, either. Magdalene the pale

There were Martha and Mary. "Jesus, if you had been here, our brother would not have died." They lost their brother.

There was the street-lady. "Go ahead," he said to the crowd. "Cast the first stone." They lost their fun.
And then to her, "Isn't there anyone left? Go on your way and don't do it anymore." She lost

her business.

And there was Jesus. "Popule meus. Quid feci tibi . . . My people, what have I done that you should treat me like this?" "Jerusalem, Jerusalem, how often would I have taken you under my wing as a hen her chicks." No prophet is accepted in his own town.

To John: "I'm finished. Take care of my mother." He lost his best friend.

They were all locked in the Upper Room for fear of the elders. Three years chasing clouds.

At the tomb: "Mary, don't touch me." She lost her dream.

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"Sperabamus. We were hoping.."
Remember those travellers on the way to Emmaus? They were hoping this latest fellow was going to bring the millennium. He looked so good. He said something about his father. He couldn't have meant G-d, but he looked ok. Had good things to say. People liked him. But now he's dead.

There was his mother. Her own soul a sword shall pierce. "Son, where were you? Your father and I were all over looking for you."
They lost him, too.

There was the rich young man. He went away sad, for his possessions were many. He lost his dream.

There was Cana. "Son, they have no wine."

"So . . . What's that to you and me?" He lost his private life.

There was Peter and the fishermen. "We gave up our jobs to follow him." Unemployed.

There was the woman at the well. "Where is your husband?" "I have no husband." She had many husbands. . . and this thirsty stranger knew it all. She lost her games.

as a bridge instead of a barri-cade, a door instead of a We're freed to see it. We need give us new ways of being that We all lose a lot. It's part of detour, there are no limits. We to see it. If loss is perceived we never dreamed of Every loss produces energy, and our life dreams, and our lives. parents, live again and new. transforming that friends, our money, our homes, lose our jobs, our spouses, our life. Nothing lasts forever. We our children, energy before. can

None of this is easy. Losses hurt and for so long. But we can do it. We can become new and amazed *creators*, and isn't that what we're all about?

Blessings and prayers from all of us here at St. Francis.

Tr. Town

Kudos and credits to Lou Savary, Pat Berne, Craig O'Neill, Kathy Ritter, Bernie Siegal, Deepak Chopra and my students for the development of these ideas.



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