

Even if you are only a bright spark, kindle.
Kindle the life and the light you have received.
You might even get fired up.
You might blaze a trail, stand up for others,
seek out injustice,
protest on behalf of the innocent,
carry a torch for the unloved, demonstrate for love.
Demonstrate love itself.

I cannot “think through”
my grief journey.

Intellectual concepts often serve
to obstruct me from myself.

Unless I can cross the bridge to my heart
I will never wake up and be transformed.

Alan D. Wolfelt Ph.D

We can do no great things;
only small things with great love.

Mother Theresa

To feel too much is dangerous,
to feel too little is tragic.

David Kessler

Companioning is about going to the wilderness
of the soul with another human being;
it is not about thinking you are responsible
for finding the way out.

Alan D. Wolfelt

As long as we're alive,
until the last moment,
we can have hope.

David Kessler

The capacity to love the necessity to grieve
when someone loved dies

Dr. Alan Wolfelt

**Grieving is as natural as crying when you are hurt,
sleeping when you are tired,
eating when you are hungry,
or sneezing when your nose itches.
It is nature's way of healing a broken heart.**

We are healed of a suffering
only by experiencing it to the full.

Marcel Proust

When we shy away from death,
the ever-changing nature of things,
we inevitably shy away from life.

Scott Peck

I cannot think of death as more than
the going out of one room into another.

William Blake, 1826

Look upon Death as a going home.

Chinese Proverb

Death puts life into perspective.

Ralph Waldo Emerson

I've learned that people will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel.

Maya Angelou

To consider that after the death of the body the spirit perishes is like imagining that a bird in a cage will be destroyed if the cage is broken, though the bird has nothing to fear from the destruction of the cage.

Our body is like the cage, and the spirit is like the bird.if the cage becomes broken, the bird will continue to exist. Its feelings will be even more powerful, its perceptions greater, and its happiness increased.

Abdu'l-Baha

If I can put one touch of rosy sunset
into the life of any man or woman,
I shall feel that I have worked with God.

G. K. Chesterton

Why am I here? What is my purpose?
How can I lead a more soul-centered life?

Alan D. Wolfelt Ph.D.

In everyone's life, at some time,
our inner fire goes out.

It is then burst into flame by an encounter
with another human being.

We should all be thankful
for those people who rekindle the inner spirit.

Albert Schweitzer

The ultimate lesson all of us have to learn
is unconditional love, which includes
not only others but ourselves as well.

Elisabeth Kubler-Ross

Anyone old enough to love
is old enough to grieve.

When he shall die, take him and cut him out in
little stars and he will make the face of heaven so
fine that all the world will be in love with night
and pay no worship to the garish sun.

William Shakespeare

There is within each one of us a potential for
goodness beyond our imagining;
for giving which seeks no reward;
for listening without judgment;
for loving unconditionally.

Elisabeth Kübler-Ross

It's only when we truly know and understand
that we have a limited time on earth –
and that we have no way of knowing
when our time is up – that we will begin
to live each day to the fullest,
as if it was the only one we had.

Elisabeth Kübler-Ross

When I die I'm going to dance first
in all the galaxies ...
I'm gonna play and dance and sing.
Elisabeth Kübler-Ross

Listening to the stories of the dying
brings out their dignity and humanity.
They have beautiful images of themselves,
filled with stories to tell.

We must continue looking and listening,
until the end, for their sake and for ours.

David Kessler

Listen to them complain.

Listen to them cry. Listen to them laugh. Listen to
them reminisce.

Listen to them talk about the weather
or talk about death.

Just listen.

David Kessler