

November is the month when we particularly remember those who have gone ahead of us, those we have loved and temporarily lost sight of. This Sunday, too, is Remembrance Sunday, when we remember and pray in particular for those who died in the two World Wars and, more generally, for all who have lost their lives in armed conflict. This being so, I thought I'd share with you something that was written by a contemporary spiritual teacher about the death of a loved one.

When a loved one passes away, do not worry. Weep, mourn, grieve, yes, honour their memory, but do not worry. They haven't gone anywhere, strictly speaking. They have simply quit location and time. You can no longer pin them down, say, "there they are", or find them in their materiality, or seek them in your personal world. But you see, they were never tied through their bodies in the first place. Their eyes, their face, fingertips, their heart and brain, these were not the things that defined them. You loved them in the physical body, yes; you were attached to it; expected it to continue; it was familiar to you; but it was not the height and depth of your love. You are being called now to remember a deeper love, a universal love, a love that's not attached to form, a love that knows no bounds, a love that does not flee into the past or future but remains so very present as you go about your days. A love that does not depend on word or place, that follows you wherever you go, that is inseparable from

your very own presence, that whispers in your ear late at night... *"I am here."* Do not search for your loved one in time or space; do not reach for them; you will find them absent, your hands empty. They are far closer than that! It will take a while for you to adjust, of course. You will be called upon to let go of dreams, yes; and there will be much pain to be felt, much grief to know with courage and willingness. Yet... get ready to break your heart open for love's sake. For you will feel the joy of discovering that your loved one is right where you left them. And you will know the bliss of a relationship shattering open into the infinite. You must know that they cannot leave you. You must know that they never will. For they are always in your presence... and you in theirs.