

Dear brother ,

My prayers are with your wife and with you. I wanted to share something about a vivid dream I had in which our mother appeared. Of course it was heart breaking to read (in those final days she could no longer speak but wrote notes) my beloved mother's asking permission to pass on. She wrote "I don't want to go on like this, live like this". My heart broke in that moment, but there was also overflowing love for a women who had given me my life and raised me to feel the wonder of the world all around. I had to say, through tears, "of course Mom, I don't want you to suffer". I had to let go of her, let go of my clinging to my need to have her in my life, to pleading with the universe to please heal her and let her stay in this life with me. I had to let go from deep love for her. Wanting her to be free of pain, to have comfort and peace. That realization did not ease my pain much at the time.

But I have found by going deeper on my spiritual path that the energy of loving kindness, compassion and wisdom that is our essence is adamantine in nature. Love is stronger than death. Love transcends death. The bond we have with those we love is eternal because it is energy (what Buddhists call awakened mind or heart essence). So, while I miss our mother and father every day, I feel their presence in my heart continuously. It is a great comfort, and an inspiration to move forward with my life whatever obstacles may occur.

After she passed on, I worried about Mom's spiritual well being (in addition to my grief and sorrow at her passing - the hole in my heart that will never be filled, but whose painful edges became less raw with time passing). Several months after her passing on, I had a vivid dream in which she appeared before me. It was very clear and felt very real. Mom was standing before me, gently smiling, bathed in golden light. In the dream I realized that she was ok and would be ok. After a little while she turned slightly, still smiling, and pointed with her gaze to an open door behind her. She was encouraging me to go through the door. She was telling me she was ok, that I could stop worrying, that is was time for me to move forward. The dream left me with a warm feeling of peace and calm - a feeling that has never dissipated for me in regards to Mom.

I pray that someday your life, your heart, are touched and filled by such peace.