

Question 12: What would you suggest for living a happy and completely fulfilled life?

I remember talking with hospice patients who in facing their own death, shared stories with me about what they all realized really mattered. The common theme was about having love in their lives. At the end of the day, no one will be thinking about how much money you made or the power you had. They will be thinking about the kindness you gave and the love you shared with all those around you. Love and forgiveness is all that really matters. When we are able to love and to forgive and open our hearts to others, our lives can only be rich and rewarding. Then, when we face the end of our days we know that we have spent a life well lived.