

## CLOSING THE CIRCLE, HEALING THE SPIRIT

**Birth:** It started with my environment crushing in on my body, my world -- shocking and terrifying. I was fighting to breathe and screaming juxtaposed with those around me happy and smiling. From that first breath I began my struggle. Every moment in life has been part of my persistent struggle to live. An ever present need to breathe, to eat or drink to maintain the body, to constantly adapt to and grow into my changing world. Every moment of my brief existence on this cosmic journey has been filled with struggle and effort.

**Review:** Upon reflection I might find that my living has been fairly smooth, or extraordinarily challenging. I may feel accomplished, well loved, rewarded and relatively successful. Or I may feel unclear and unsure of myself and puzzled by life. And I could feel lost, disappointed, unsuccessful, and disillusioned. Perhaps I may have confronted unbearable suffering, physical or emotional that has deeply affected my experience. These possible feelings born out of my experiences are simple refractions of light shaping the many roles in the greater play.

**Approaching Death:** As the end of my living experience draws near, what to do? I am burdened with my experience. Now to move forward, I will need to let go of the personal – both good and bad, to approach the next stage after death. If I carry the personal, I am burdened with various conceptions drawn from my experience which act as a barrier to the deep, still peace of liberation from the everyday struggles, from the drama. This peace is the very fabric of the infinite oneness pervading our universe, beyond the orbit of our minds and eternally present. And if I am unburdened by the personal, free of the many roles and free of my own personal judgement, I may become one with this peace. My play is over.

**Sufi proverb:** *See God in everything but tether your camel first.*

**Action Bluestem:** Shortly before the play comes to an end, I am shaped by my values drawn from my own struggles and I prepare and plan to make my end meaningful to and the least trouble for my loved ones. What has felt nurturing, regenerating, environmentally healing, while reframing life in a broader holistic brush, informs my choice to seek simplicity and an earth friendly way to approach the end and shed the body. As I visited *Bluestem*, I felt it provides a simple way to conserve our earth and recycle our discarded body compatible with the health of our environment. Their conception for a conservatory on beautiful land as a repository for our bodies resonates with me. I am grateful for your vision and for *Bluestem*.

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