**Some quotations from Light on Aging and Dying: Wise - Words selected by Helen Nearing**

**An added resource for attendees at the Mortality Seminar 18th January 2020**

Death is the dark backing that the mirror needs if we are to see anything.

*Saul Bellow*

Grief is not something you complete, but rather endure.

Grief is not a task to finish and move on, but an element of yourself, an alteration of your being.

*Anon*

Do not seek death, death will find you. But seek rather the road which makes death a fulfilment.

*Dag Hammersjold*

Winter is on my head, but eternal Spring is in my heart.

*Victor Hugo*

The fullness of the years is measured not only in their number, but in the fullness of days and hours, in the fulfilments that were experienced.

*Abraham Kaplan*

From my own experience, I think it is good if a merciful fate sets a reasonable limit to the length of time we live.

*Sigmund Freud*

The goal of human life is constructing an architecture of the soul.

*Simone Weil*

The old ship is not in a state to make many voyages, but the flag is still at the mask and I am still at the wheel.

*Walt Whitman*

The crown of life is neither happiness nor annihilation; it is understanding. These are the moments of revelation which compensate for the chaos, the discomfort, the toil of living.

*Virginia Woolf*

There is nothing to be unhappy about the fact that we are, as it were, delivered upon this beautiful earth as its transient guests for a good part of a century.

*Lin Yutang*

The art of dying graciously is nowhere advertised, in spite of the fact that its market potential is great.

*Milton Mayer*

Why do human beings die so miserably? Why don’t they die as beautifully as this leaf from Autumn.

*J. Krishnamurti*

Death is the true and best friend of humanity…. the key which unlocks the door to our true state of happiness.

*Mozart*

Necessary, timely death….the little clock that sends us on our way when our room becomes more valuable that our company.

*Carl Bonhorst*

Death is no threat to who are not afraid to die.

*Lao Tzu*

Of all the wonders that I yet have heard, it seems to me most strange that man should fear, seeing that death, a necessary end, will come when it will.

*William Shakespeare*

The only preparation for death that is of any real use or importance is a well spent life.

*Charles Leadbeater*

Do not fear death so much but rather the inadequate life.

*Bertolt Brecht*

There is only one solution if old age is not to be an absurd parody of our former life, and that is to go on pursuing ends that give existence meaning – devotion to individuals, to groups or causes, social, political, intellectual or creative work.

*Simone de Beauvior*

Death is much simpler that birth; it is merely a continuation. Birth is the mystery, not death.

*Stewart White*

Life and death are but phases of the same thing, the reverse and obverse of the same coin. Death is as necessary for man’s growth as life itself.

*Mohandes Gandhi*

Death is a dialogue between the spirit and the dust. “Dissolve” says Death. The Spirit, “Sir, I have another Just”. Death doubts it, argues from the ground. Spirit turns away. Just, laying off for evidence. An overcoat for clay.

*Emily Dickenson*

Whatever is organic is mortal. And the death of the organism is the end of organic life. But it is not necessarily the end of individual personality, nor even of personal consciousness.

*John MacMurray*

Life and death are not two opposed forces; they are simply two ways of looking at the same force; for the movement of change is as much the builder as the destroyer.

*Allan Watts*

Dear lovely Death

That taketh all things under wing

Never to kill

Only to change

Into some other thing.

This suffering flesh

To make it neither more or less

But not again the same

Dear lovely death

Change is thy other name.

*Langsten Hughes*