

# Death Brings Value To Life

Death is the phenomenon that brings value and meaning to our lives. It is empowering and uplifting. It means nothing is permanent. It means nothing is truly ours. The impermanence of our existence highlights what truly matters. How will you live your life given the finite time you are given? We are all given a deposit of 86,164 seconds per day. It is the great equalizer. What will you do with that daily allotted time? How will you spend it? The course of your life is determined by the choices you make today. Every passing moment is an opportunity to change your life. You have the power.

The butterfly is beautiful because of its short lifespan. The flower is beautiful and its scent alluring because it is fleeting. Fresh food is delicious because once cooked it immediately begins to rot and decay if not eaten quick enough. Relationships are often passionate for short fleeting moments as many times such high intensity energy cannot be sustained over long periods of time. This is fine because there are many ways to love and many phases to a relationship.

Look to death not with fear, but rather with gratitude. It is the inevitable moment that incentivizes us to live to the fullest with passion, kindness, love, and compassion. What would you like to be remembered for? What actions or words do you want to define your life? What principles do you hold to be sacred, that you would fight for? How do you want those dearest to speak of you at the moment of your passing? Your answer will determine the course of your existence. We will be remembered for our words and actions. Choose them with great care.

*“For one word a man is often deemed to be wise, and for one word he is often deemed to be foolish. We ought to be careful indeed what we say.” - Confucius*

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