

Saying the Four Things

"For of all sad words of tongue or pen, the saddest are these: "It might have been!"

John Greenleaf Whittier

PLEASE FORGIVE ME ~ I FORGIVE YOU ~ THANK YOU ~I LOVE YOU

Because accidents and sudden illness *do* happen, it is never too soon to express forgiveness, to say thank you and I love you to the people who have been an integral or intimate part of our lives, and say good-bye as a blessing.

The word "good-bye" derives from "God be with you," a blessing that was traditionally given at parting and, in some churches, still is. The protection and God's help of presence and guidance can be requested whether two people expect to be separated a few hours or forever. In leaving nothing unsaid, we can recapture this original meaning, so that, in saying good-bye, we are actually blessing one another in our daily interactions as well as when we face major life challenges or crises.

Thankfully, not all good-byes are final – but good-byes can be meaningful. It's important to say good-bye in a way that affirms our relationship and acknowledges our connection to one another.

Whether expecting to be separated for a few hours or forever, a conscious, attentive, genuine good-bye and your blessing can be a treasured parting gift to others.

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