

## *REFLECTION*

*Death cannot kill that which never dies.  
Love once bestowed on earth is immortal  
- it lives on always.*

*The empty chair is not really empty  
- your loved one has not gone.  
Their spirit is still with you, sharing, though on a higher level  
- your joys and sorrows.*

*In your sadness, when all within is dark,  
Try to focus your mind on the perfect days you had, the good  
fortune and blessings you shared.  
Remember the joy they gave you,  
how they made you laugh and feel so happy.*

*Those perfect days are treasures you  
carry with you...  
Death cannot wipe them out.  
They are the most wonderful legacy left to you.  
Be grateful for these precious gifts which  
nothing can take from you.*

*Even when life seems to have lost its meaning  
- ask yourself...  
Is that how your dear one would like to see you?  
They loved you so much  
- if they could speak to you they would say  
"Don't feel unhappy - honour my memory by seeing life's  
beauty and sunshine even now.  
It is difficult indeed, and yet it can be done  
- I want you to be happy."*

*Martine Delaney  
Cork, Ireland*