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# Everyday Spirituality

by Colleen Foye Bollen



## The Dash

There is a short video making the rounds in cyberspace called The Dash. With a background of heart stirring music and a collage of stunning nature photographs, the story of a person speaking at a friend's funeral scrolls across the screen. The speaker points out that the "dash" on her friend's tombstone, between her birth date and the date of her death, represents the entirety of his time on earth. The takeaway is to pay attention to how we spend our unique, personal dash.

(To watch The Dash go to [www.simpletruths.com/dash/index.html](http://www.simpletruths.com/dash/index.html).)

Newspaper obituaries focus on the big things people did in life, such as their accomplishments at work and what they contributed to their communities. But I believe the key elements that make up our final tombstone dash are an accumulation of the many little marks we make on life. If you break down a dash into smaller punctuation marks, you'll find periods that mark events between

the beginning and the end of stages in our lives; an ellipsis or two that indicate pauses in the flow of our life; and a few hyphens for compound words that explain the complexity of our lives. Only at the end of life, when these marks are viewed end-to-end, does the dash that will appear on our tombstones take form.

One place we hear how people filled in the dash between birth and death is at

funerals. While many people dread these events, I don't mind attending them, even when I don't know the deceased. Unlike the characters in the movie Harold and Maude who scouted out funerals of random strangers, I always have a link to the deceased, usually through a friend. While supporting my friends through those difficult occasions, I often hear something inspiring. Later, I use that insight to rethink how I want to spend my dash.

At the memorial service of a friend's ex-husband John, a man I had never met, people shared stories about their interactions with him. One recollection came from his bus driver. Standing to speak she said, "I took the day off work without pay to come praise John. He never used his blindness as a reason to be surly. Everyday, no matter

the weather or problems he was facing, John always had a smile and kind words to share. I learned a lot about the joy of living through John's optimism."

Leaving the service that day, I reflected on what constitutes a successful life. In my mind, John had achieved the pinnacle of success. He had touched the lives of people around him, not just friends and family, but also his bus driver. John's mark on the world did not come from being a high-powered executive or globetrotting volunteer; the accolades he received were for being a positive, uplifting person. Since then, John's legacy has inspired me to be more mindful of my interactions with people I encounter in everyday life.

I found further insights

Continued on Page 8

## The Release Technique

From front page

**NSJ: You give weekend workshops as well as seven-day retreats. I saw a video on YouTube about some healings people experienced at your recent Health Mastery Retreat. How can this technique help people with health issues?**

Larry: Every time we suppress a feeling, which is smaller than a photon particle, this energy is stored in the body. Over the years, this energy presses against the organs or structures of the body and causes it to malfunction in one way or another. At our last retreat, we had people who had not been able to walk without a cane for years who used this Release Technique to let go of the feelings behind their problems and were then able to walk without the use of aids.

Numerous physicians have used the technique for themselves as well as

their patients and have been amazed at the results. I always tell people that releasing on a physical issue certainly can't make it any worse, so why not try it and see what happens.

Lester Levenson always told people to take all of this "for checking." He said not to believe something just because he said it is true; try it for yourself and see what happens.

People have successfully used this to increase their income, improve their relationships, resolve long-standing health issues, and reach the stage of spiritual freedom so many people are seeking.


Larry Crane will be giving *The Abundance Course* workshop in Bellevue, May 2-4. Go to [www.release-technique.com](http://www.release-technique.com) or call 1-888-735-3731 for more information, to register, or to learn more about the program in CD form. To view the video of health gains, go to [www.release-technique.com/miracles](http://www.release-technique.com/miracles).

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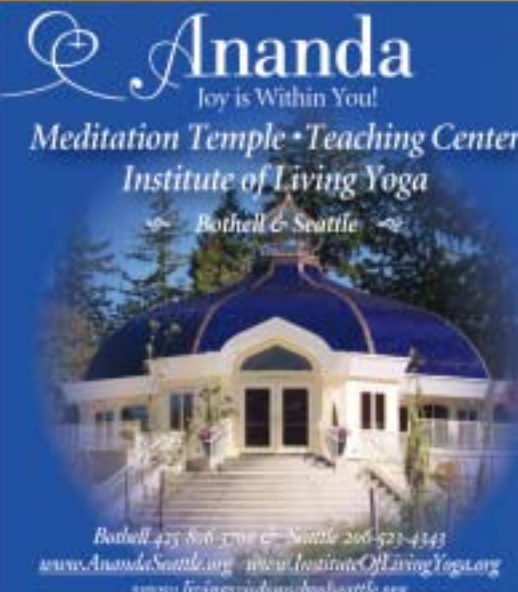
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