



daily GOOD

All beings, including each one of us, enemy and friend alike, exist in patterns of mutuality, interconnectedness, co-responsibility and ultimately in unity. --Joan Halifax

On Death and Love

"I met Death in my early twenties. I had already lost loved ones before this time. A friend at school was taken by leukemia in a breathtaking six weeks one strange, hot summer. My grandfather, Eric, and my uncle, Tim, both died before their time. But none of us truly meets Death until we are ready to understand what it means. My first meeting came while sitting in a recording studio with a Holocaust survivor called Hannah. Hannah had endured the death march from her home in Hungary when she was fifteen years old. In 1944, she and her family were transported by cattle truck to Auschwitz. Out of dozens of family members, only she and her brother came through the war alive." Melanie Challenger shares more in this gripping essay.

Be The Change:

For more inspiration, check out "Everything is a Present," featuring Holocaust survivor Alice Herz Sommer at 108.