

A Year to Live

Portraits of four of my five Spiritual Brothers who shared the **Year to Live** experience with me. It's based on Stephen Levine's process of living one year as if it were our last, as outlined in his book, *A Year to Live*. Our other spiritual brother passed away unexpectedly after completing our shared year-long journey.

"This group teaches us how to live each moment, each hour, each day mindfully--as if it were all that was left. On his deathbed, Socrates exhorted his followers to practice dying as the highest form of wisdom. Levine decided to live this way himself for a whole year, and now he shares with us how such immediacy radically changes our view of the world and forces us to examine our priorities. Most of us go to extraordinary lengths to ignore, laugh off, or deny the fact that we are going to die, but preparing for death is one of the most rational and rewarding acts of a lifetime. It is an exercise that gives us the opportunity to deal with unfinished business and enter into a new and vibrant relationship with life. Levine provides us with a year-long program of intensely practical strategies and powerful guided meditations to help with this work so that whenever the ultimate moment does arrive for each of us, we will not feel that it has come too soon."



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