

INSTRUCTIONS

*When I have moved beyond you in the adventure of life,
Gather in some pleasant place and there remember me
With spoken words, old and new.
Let a tear if you will, but let a smile come quickly
For I have loved the laughter of life.
Do not linger too long with your solemnities.*

*Go eat and talk, and when you can;
Follow a woodland trail, climb a high mountain,
Walk along the wild seashore,
Chew the thoughts of some book
Which challenges your soul.
Use your hands some bright day
To make a thing of beauty
Or to lift someone's heavy load.*

*Though you mention not my name,
Though no thought of me crosses your mind,
I shall be with you,
For these have been the realities of my life for me.
And when you face some crisis with anguish.
When you walk alone with courage,
When you choose your path of right,
I shall be very close to you.*

*I have followed the valleys,
I have climbed the heights of life.*