

A Special Note

"Living well" is no easy task for any of us. In order to live well it helps to have a strong, loving, and curious spirit, much as Amber had during her time here. Her zeal for life and her courage in facing her illness and eventual death is inspiring to us all. If only, we often wonder, the good like Amber could stay with us longer. Our grief and tears in losing her represent the love that we will always hold for her.

As difficult as living well may be, "dying well" is even more challenging. As a natural part of the life cycle, the ability to accept and integrate the death of a loved one into our psyche is a daunting task. The death of a young child is even harder to take and can leave us feeling like we are being deprived of the chance to see the bloom of a flower when it is fully open.

Allowing our loved ones to "die well" may indeed be one of the most difficult challenges in living. Dying well means being able to "let go" or encouraging our loved ones to let go of our temporal world in order to transform into the next stage of life. To courageously face that transformation, we need to have confidence in the life process and understand that all energy, and thus life, is neither created nor destroyed, it is merely transformed.

Amber and Patti's story in *Embrace the Angel* is a powerful lesson in dying well. It raises the question: How we can survive the loss of a child and rebuild life after such a devastating blow? Their story provides insight into how we can achieve joy in life through release from it, rather than by clinging to it. Their experiences help us to discover openness about the subject of death and about our ability to truly love. For in order for us to love, we have to open our heart, open our arms and open our soul.

Embrace the Angel chronicles the journey of Amber and Patti's willingness to look at life, and thus death, differently. Dying well means being in touch with your body and with your soul in order to know when it is time to let go and release for transformation.

I never met Amber in person during her life here, but I feel that I know her through the love I see in her mother's eyes when she speaks of her. It is the energy of that love that helped Amber to let go and leave life so gracefully. Amber and Patti's journey serves as a beautiful and loving testimony to one of the most important and difficult tasks life can challenge us with: Letting go to live and letting go to die.

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