

#DEATH

TWEET

TIMOTHY TOSTA
FOREWORD BY WILLIE L. BROWN JR.

A *Well-Lived Life* through 140 Perspectives
on Death and Its Teachings

BOOK 01

A THINKaha BOOK

#DEATH**tweet**

A Well-Lived Life through 140 Perspectives on Death
and Its Teachings

Book Excerpt

By Timothy Tosta

Foreword by Willie L. Brown Jr.

A Well-Lived Life through 140 Perspectives on Death and Its Teachings

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Foreword by Willie L. Brown Jr.

When I think about all the times Tim and I have strategized about law and politics, he never told me he knew so damn much about life. He walks his talk.

Willie L. Brown Jr., former Mayor of San Francisco (1996–2004) and Speaker of the California Assembly (1980–1995); Author of ‘Basic Brown: My Life and Our Times’

A Well-Lived Life through 140 Perspectives on Death and Its Teachings

Section I

Introduction

Birth and death bracket an extraordinary opportunity to live a life filled with purpose, meaning, balance, and happiness. Death is inevitable, and an essential consideration for a well-lived life.

1

Death is a certainty. Life until
death is uncertain.

2

Death comes whether you are
prepared for it or not.

3

At your death, your wealth, your
power, and your loved ones
cannot help you.

4

Truly living your life is the best
preparation for death.

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Section II

A Good Death Perspective

A life without acknowledging death offers no framework to assess life's meaning. A life lived in fear of death risks becoming a pointless distraction. Embracing death as an inevitable reality gives depth and meaning to life's experiences.

5

While you are dying, there always are huge expanses of living available to you.

6

Each death follows its own unique path; every death offers the prospect of being a good one.

7

A good death follows a life of meaning. You can find meaning until your final breath.

8

Underneath all its noise and clatter, every life has meaning. Look for your meaning. It may be great or humble.

19

Death has much to teach. Don't
leave its lessons to your final days.
Embrace its teachings now and
become truly alive.

20

It is never too late to consciously
begin your extraordinary journey.

Section III

Five Lessons

In my work with the dying, I witness common elements in the varied paths of transformation taken by those for whom I care. I have generalized these elements into lessons, which can help us live flourishing lives in our remaining time.

21

Death teaches you to live
in profound change and to
accept its inevitability.

22

Death teaches you to
surrender to what you cannot
control and to flourish in the
abundance of what remains.

23

Death teaches you to abandon those perceptions that do not serve you.

24

Death teaches you to discover the beauty and meaning of the universe.

140

As you live in awareness, pursue curiosity, and embrace generosity, you see life's meaning arising from your relation to others.

Afterword

My favorite book on guitar instruction is 'The Advancing Guitarist' by Mick Goodrick. He develops the notion of the "unitar," a single-stringed instrument, which you must fully master before proceeding to the five remaining strings.

THINKaha books are like the unitar, capturing something profound, like death, and attempting to convey it masterfully through a self-limited instrument.

By the way, I don't claim any mastery. Perhaps, I'll never achieve it. But I stand in awe of the mastery of concision, of flow, of profundity which is offered by the THINKaha book format.

'#DEATHtweet Book 02' will begin where this leaves off, giving guidance, perspective, and support to the loved one, caregiver, or friend of another in the end of life process. Like this volume, it is about life's fulfillment. Death only offers a framework.

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About the Author



Timothy Tosta is a 61-year-old Santa Cruz native, now residing in San Mateo, California. He also is one of California's leading land use and environmental lawyers. At the age of 41, Tim was given a two-year survival prognosis as a consequence of a misdiagnosed melanoma, which had gone untreated for six years. Then the parent of three children under the age of nine, Tim was determined to find his life's purpose and to live consciously and conscientiously in accordance with it. He studied psychology, philosophy, religion, neuroscience, human and organizational development; undertook the practices of yoga, meditation, and *Qi Gong*; and eventually found his way into public service as a hospice volunteer, trained by the Zen Hospice Project, at ward C-2 of San Francisco's Laguna Honda Hospital.

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Tim is a very amateur musician, playing a wide variety of stringed instruments. He delights in entertaining his hospice friends with his own poor renditions of Tin Pan Alley, country, bluegrass, and folk tunes.

In 2006, Tim began writing about his hospice experiences and lecturing to legal, business, and community groups about the changes to his life and legal practice wrought by the hospice work. In 2007, Tim undertook training to become an Integral Coach through New Ventures West and received his certification in 2008. Tim coaches lawyers and business colleagues to live balanced, fulfilled lives.

Tim contributes regularly to the *Daily Journal*, California's leading daily legal news publication, as well as to other magazines and journals. He is a frequent speaker before state and national conferences in the legal, real estate, and business communities.

Getting “#DEATHtweet”

(<http://happyabout.info/thinkaha/deathtweet01.php>)

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