

To Bucket or Not to Bucket

By Morri Namasté

The concept of a Bucket List has always seemed rather peculiar to me. I do not see the value in judging ones' life by having had the experience of doing this or that, and to be honest, there is little I see that I have to do, or want to do, before my demise. I would not view my life as complete or incomplete had I accomplished whatever or not. It's just not on my radar.

What is important to me is the value of relationships. The funerals that I have been to when others have spoken, never did it happen that someone said, "Oh, George. What a guy. He traveled everywhere and made so much money." What was said during these times had to do with love, with connection. So why do people feel a need for a bucket list? Beats me but to each their own.

For my part I would like to leave without fear. So I prepare myself by not denying that as human beings we are time-limited. Nobody gets out of life alive. I figure that it's the next chapter in life, the next turn-off on the highway. Time will tell. The only control I have over it is how I think about it.

My life's path has taken me in the direction of being rather than doing. That doesn't mean that I don't do things. I have accomplished much in my life and feel proud of these things yet I find that I value the process much more than the accomplishment itself. Learning to quiet the mind so that other things come into view has rewarded me. I have no regrets. No "Rosebud" moments like in the movie *Citizen Kane*. Couldofs, shouldofs, and wouldofs have no place in my mind. That would just interfere with the experience of life in the present.

So perhaps the idea of a bucket list reflects the awareness that we are all coming in for a landing. A notion unbeknownst to the younger generations unless they have had the experience of death early in their lives. It is difficult to deny the truth of our demise when we are around it all of the time.

I once had the privilege of hanging out with some people who worked in the funeral industry. While at their work they were professional and respectful. But when they partied, they really partied. I have never been around others who valued fun more than these folks. Perhaps they knew somethings that we do not.

If there is some semblance of a bucket list inside my head it is filled with the mantras of enjoy what there is to enjoy and don't suffer your sufferings. Peace.