

Buddhist teaching on the Four Endings:

1. All that is accumulated, disperses.
2. All that is created, dissolves.
3. All meetings end in partings.
4. All life ends in death—but also that all endings are beginnings.

*We can remember Lady Julian of Norwich's words:*

*"And all shall be well, and all shall be well, and all manner of things shall be well."*

Joy within sorrow...