

My death is certain; its timing uncertain. How should I be living? Elliott Dallen's final reflection note before his recent tragic cancer death at age 31 (Sept. 18<sup>th</sup>, 2020) provides a wonderfully clear, inspiring, and wise response to the above question. Focus on: showing gratitude to others; appreciation for the lifespan you've had; the humility of accepting one's vulnerability and therefore reliance on others; caring for the less privileged; and concern for humanity's impacts on the environment. These conclusions can be distilled down into the overall reflection that our relationships and inter-dependencies are what ultimately matters most in life. Therefore, each of us should be living so that all of our choices in thoughts and actions are based on striving above all else for the combination of compassion and wisdom in how we treat ourselves, each other, and other species. For those of us who are non-religious, this goal is surely the highest meaning we can attribute to our existences. For believers, this goal is at least highly prioritised in all the world's major religions. Thank you for your beautiful and very valuable final note Mr. Dallen.