



No  
Regrets  
Project

2020 GIFT BUNDLE  
LIVING AND DYING CONSCIOUSLY PROJECT

# No Regrets Project

## INTRODUCTION

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## INTRODUCTION

Dear

The No Regrets Project is dedicated to helping you recognize your regrets, seek the wisdom buried in the regret, release the regret while keeping the gift. The foundation of this project is 5 simple practices:

Be Grateful Everyday  
Courage to Be Me

Love Myself & Share It  
Choose Joy

Trust – Take the Risk

Having regrets is a basic human emotion. We hope, we try and sometimes we fail to accomplish our goal. We make mistakes. Or, others don't recognize our potential. It happens.

We might regret the end of a relationship or the loss of a job. We might have regrets when we don't speak up for ourselves or when we fail to show up for a friend in need. Holding on to regrets can diminish our energies for living fully, being present in the moment, and finding joy.

Recognizing a regret is the first step. Then we can take action to find the wisdom buried within.

I had regrets when I quit teaching high school after 15 years. I loved my job but I had to make a change. I was exhausted, anxious and totally burned out. It took years to find a way to return to teaching in a balanced and self-caring way. My regrets helped me find the wisdom to build better habits of eating well, exercise and rest. I now cherish my dream time as much as the time I spend with students. Now my teaching fills me with joy and boosts my energies. By working with my regrets, I have found ways to love myself first and then share it with others.

We give away this bundle of No Regrets resources to help you step out of regrets and step into a life of gratitude, courage, trust, joy, and love.

### No Regrets Article

"No Regrets: Living with Dying" tells the story of Patti Pansa and her legacy of creating the No Regrets Project in the last 6 months of her life.

### No Regrets Ritual Meditation

During this meditation you will work with 6 stones and your breath. The indigenous peoples of the high mountains of Peru teach us that stones hold information for us. Your breath is the instrument you use to release that which no longer serves you. With your in-breath you invite in the essence of life.

### No Regrets Lotus Flower Altar

This origami altar is light, transportable and a useful tool to work with the 5 practices of the No Regrets Project.

### No Regrets Journal

Record your recognition of regrets and the gifts they hold for you in this online or printed journal. You may focus on one No Regrets practice at a time or mix it up.

Sending you love and light,

*Kitty Edwards*



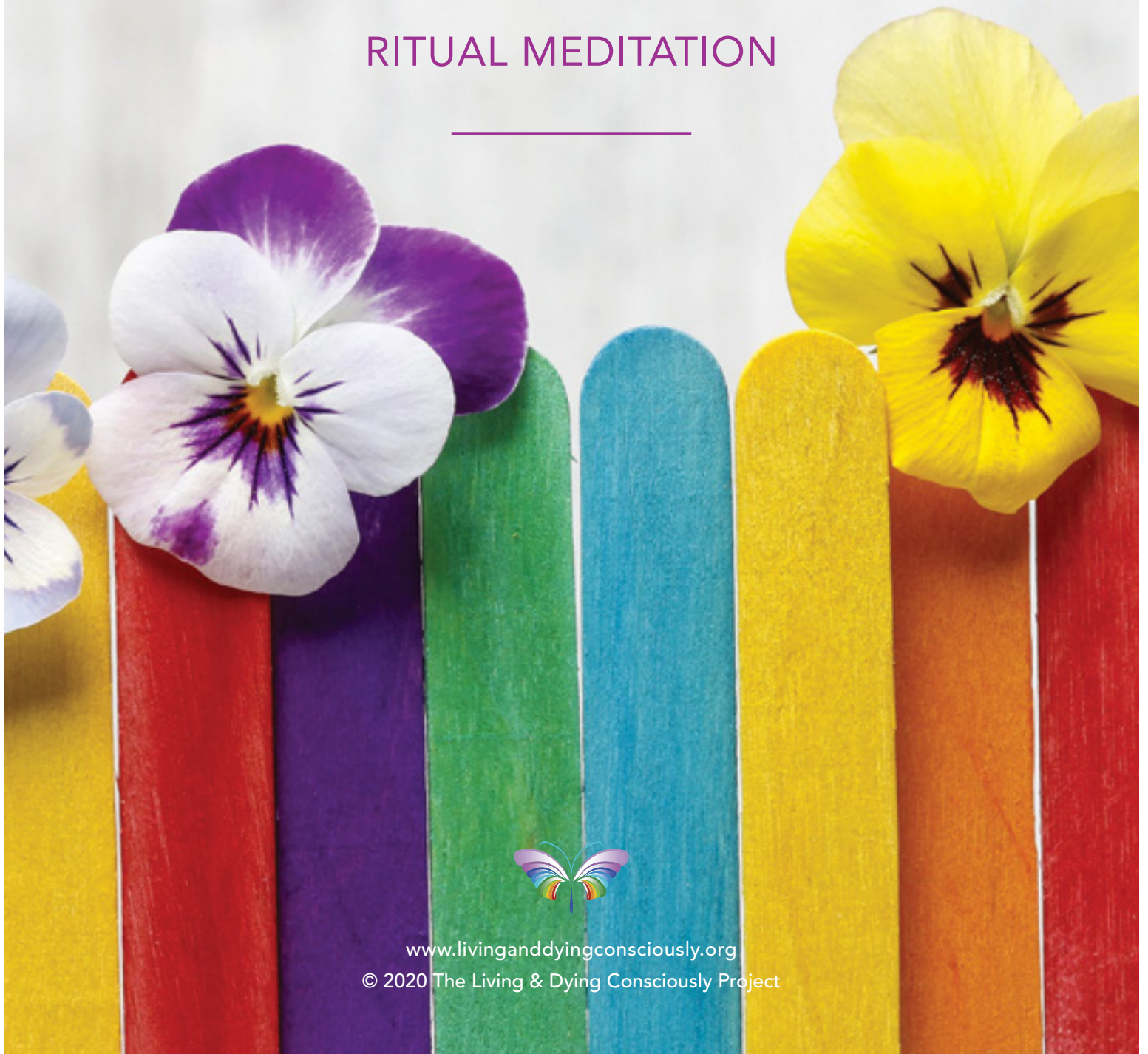
PS: To add to your No Regrets bundle, for a small donation we will gift you a No Regrets Rainbow Pouch filled with 6 stones and a No Regrets card noting the 5 practices of the No Regrets Project. You can fold your No Regrets Lotus Flower Altar into the pouch and take it with wherever you go. Visit our website to learn more.

The No Regrets Project is an offering of The Living & Dying Consciously Project, a 501(c)(3) nonprofit. All donations are fully tax deductible in the U.S.A.

# No Regrets

RITUAL MEDITATION

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## Welcome to our meditation on living with No Regrets. This is a presentation of The Living & Dying Consciously Project.

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During this meditation you will work with 6 stones of your choosing.

In a few minutes we will step into a ritual meditation to explore the 5 practices of the No Regrets Project. These practices are:

Be Grateful  
Everyday

Choose  
Joy

Trust – Take  
the Risk

Courage  
to Be Me

Love Myself  
& Share It

Place your 6 stones in front of you. If you have a pouch set it aside for the moment.

Choose one of the stones to be your lodestone. A lodestone pulls you to it.

All you will need for this ritual meditation are stones and your breath.

Why do we use stones?

The indigenous peoples of the high mountains of South America teach us that stones hold information for us.

Your breath is the instrument you use to release that which no longer serves you.

With your in-breath you invite the essence of life in — to fill your lungs and travel to every cell in our body.

Please get comfortable in your sitting position with the stones in front of you.





Take a moment and focus your attention in the area of your heart.

Imagine your breath is flowing in and out of your heart or chest area.

Breathe a little slower and deeper than usual.

As you breathe, I will ask the forces of natural world to support us.

(pause)

## Open Sacred Space

*I call on the high mountains to share their wisdom.*

*I call on the great rivers of the plains to share their currents and  
show us the flow of our sweetest journey.*

*I call on plants and trees to breathe with us so that  
we may feel the connection with all of life.*

*I call on the animals who share their flesh and  
their beauty to nurtures us.*

*I call on the earth herself to hold us and give us strength.*

*I call on the stars above to shine down on us, lighting our way.*

Pick up your lodestone in one hand and a 2nd stone in the other hand.

We will use the lodestone stone first.

Think of a regret you have.

A regret is a feeling that you wish things had happened differently in the past.

A regret might focus on an action you took, or it might be an action you did not take and now regret.

Or, a regret might focus on an action someone else took, or an action they failed to take.

Let that feeling of regret bubble up in your body. You might say to yourself, "I wish it had been different."

When you are ready, blow that regret into the lodestone.

To make sure that you fully released the regret, blow it into the loadstone once more. Let the lodestone stone hold it for you.

Now, think of the lesson you learned from the action or in-action.

Was there an insight, a strength or a skill that you can recognize in this moment that came to you through that action or in-action?

Did you become wiser, stronger, more compassionate, or more independent?

Focus on this strength. It is a diamond that resides within you.

Let it expand in size and sparkle throughout your body.

This diamond is the way in which you have loved yourself.

You have owned this gift for many years.

When you are ready, blow this gift into your 2nd stone, sharing the love you have for yourself with this stone.

Loving ourselves is the hardest practice to cultivate.

It requires knowing what you value.

Knowing how to make choices for yourself.

Knowing how to care for yourself.

Regrets fool us into thinking that we have missed something in life or require forgiveness for our actions or inactions.

Now, put your 2nd stone down.

Take a moment to breathe deeply and slowly in and out of your heart.





## Be Grateful Everyday

Pick up a 3rd stone.

Think of something that you are grateful for right now in your life.

Allow your gratitude to expand throughout your body.

Blow your gratitude into your 3rd stone.

Put the 3rd stone down.







## Courage to Be Me

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Pick up a 4th stone.

Place your lodestone in one hand and your 4th stone in the other.

Is there some action you would like to take that you have not taken?

A job, a trip, a dream?

Is there something that holds you back from taking this action?

Would you disappoint someone?

Do you need support or money?

Are you fearful?

Let the fear you have expand throughout your body.

When you are ready, blow it into your lodestone stone.

The stone will hold it safely for you.

It is very interesting that courage is only needed when there is fear.

Without fear, there is no need for courage.

Now, return to your dream.

What experience would make your heart sing?

Blow this into your 4th stone.

We often cannot step into who we truly are because others have different expectations of us.

If you took this action would there be a judgment? Would someone feel hurt?

If something arises that limits your courage, blow it into the lodestone for safe keeping.



## Choose Joy

Pick up your 5th stone.

Place your lodestone in one hand and your 5th stone in the other.

Take a moment to breathe deeply and slowly in and out of your heart.

Recognize that grief lives within each of us.

Our grief connects us to the ones we have lost.

Allow yourself to feel your grief in this moment.

Notice where grief lives in your body?

Breathe into it giving it room to expand.

(Pause)

When you are ready, blow your grief into the lodestone.

Allow the lodestone to hold your grief for you.

Now, think of something or someone that brings you joy.

Visualize it.

Listen to it.

Smile. Step into the joy.

Blow your joy into your 5th stone.

Put your 5th stone down. Put your lodestone down.





## Trust – Take the Risk

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Pick up your 6th and last stone.

Trust requires an element of surrender.

This is not a defeat but a sweet surrender.

Think of someone that you truly trust.

Feel that sweetness. Feel the trust.

Now, think of yourself. Do you trust yourself?

Feel that trust.

Surrender to yourself.

Simply breathe into your surrender.

When you are ready, think of your life.

Where you have been? Where you are going?

And now, in this moment, surrender to your life – trust.

Blow your trust into your 6th stone.





## Love Myself & Share It

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Pick up all 6 stones. Look at all of them.

Hold the bundle of stones in both hands, near your heart.

Expand your heart breath to encompass the stones.

Close your eyes.

Think of one action you can take in the next day or so that would be an action of loving yourself.

Step into that action now.

Visualize it.

Listen to it.

Make a commitment to yourself to take this action soon.

Now, blow your commitment into all the stones.

Blow one more time to seal your commitment.



## Close Sacred Space

*I thank the mountains for their stones of wisdom.*

*I thank the waters for showing us how to find the flow in our lives.*

*I thank the plants for breathing with us, enhancing the  
abundance in our lives.*

*I thank the animals for nurturing us with their beauty.*

*I thank the earth for sharing her strength.*

*I thank the stars for their guidance.*

## Conclusion

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Place all six stones back into a pouch.

As a practice, use your breath to release regrets into the lodestone.

You may also ask your lodestone to hold grief and fear for you, just to give you some more emotional space.

Keep your pouch in a place you will regularly see it — by your bedside, on your desk or in your car.



# No Regrets

LOTUS FLOWER ALTAR

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Follow the directions to cut out the lotus flower altar, folding it as instructed into an origami square.

This lotus may serve as an altar for your personal practice.

When folded, the lotus flower altar will fit neatly into your pouch.

Open the No Regrets Lotus Flower Altar to work on the practices of the No Regrets Project.

Place a stone on the petal of your chosen practice.

Use your breath to release regrets into the lodestone.

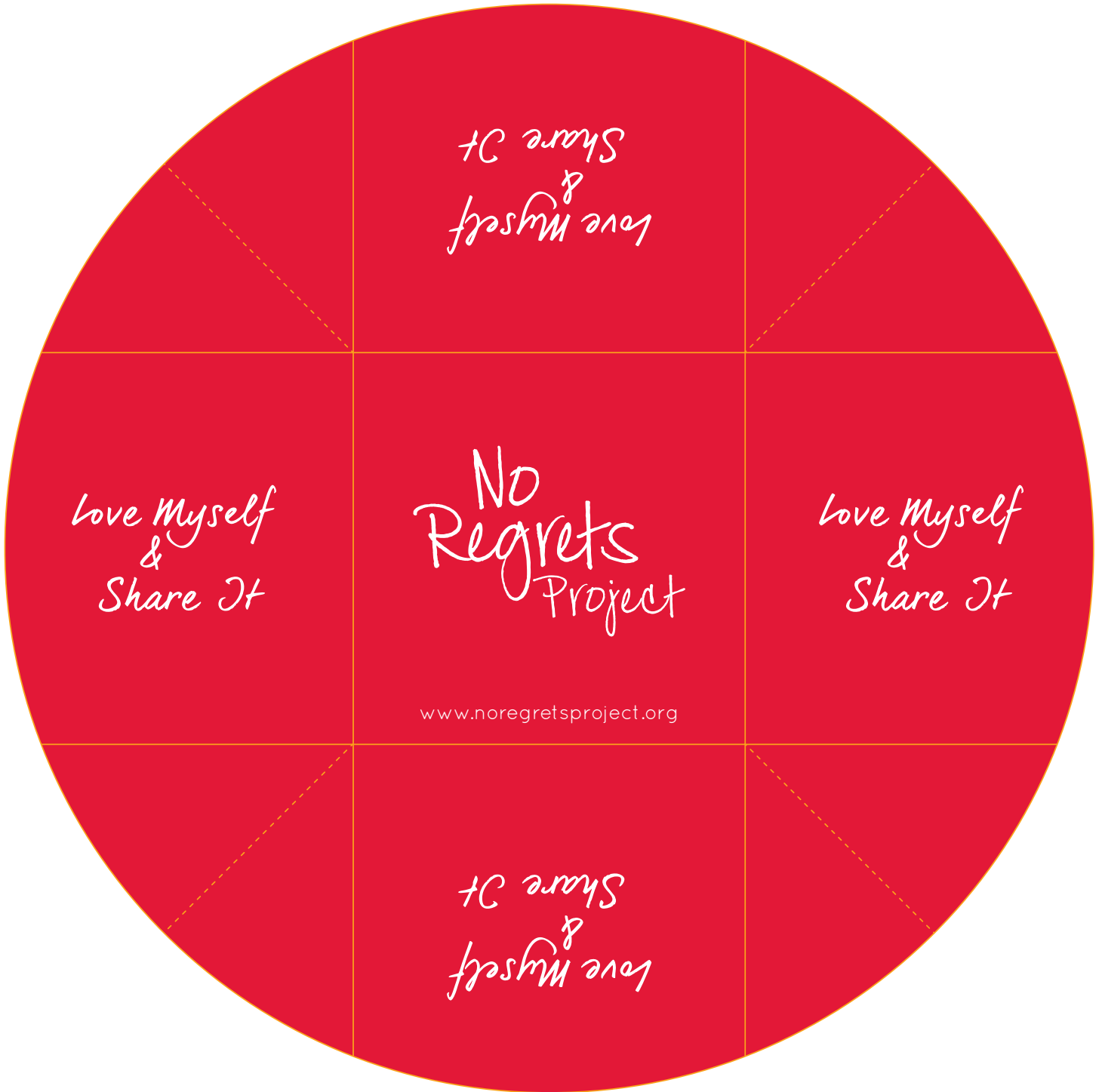
The five other stones may receive your gratitude, courage, joy, trust and love.

Tip: It is best to allow your lodestone to reside in "working dirt," dirt that is actively growing a plant.

Visit our website [Living & Dying Consciously Project](http://Living & Dying Consciously Project) to learn more about this project.

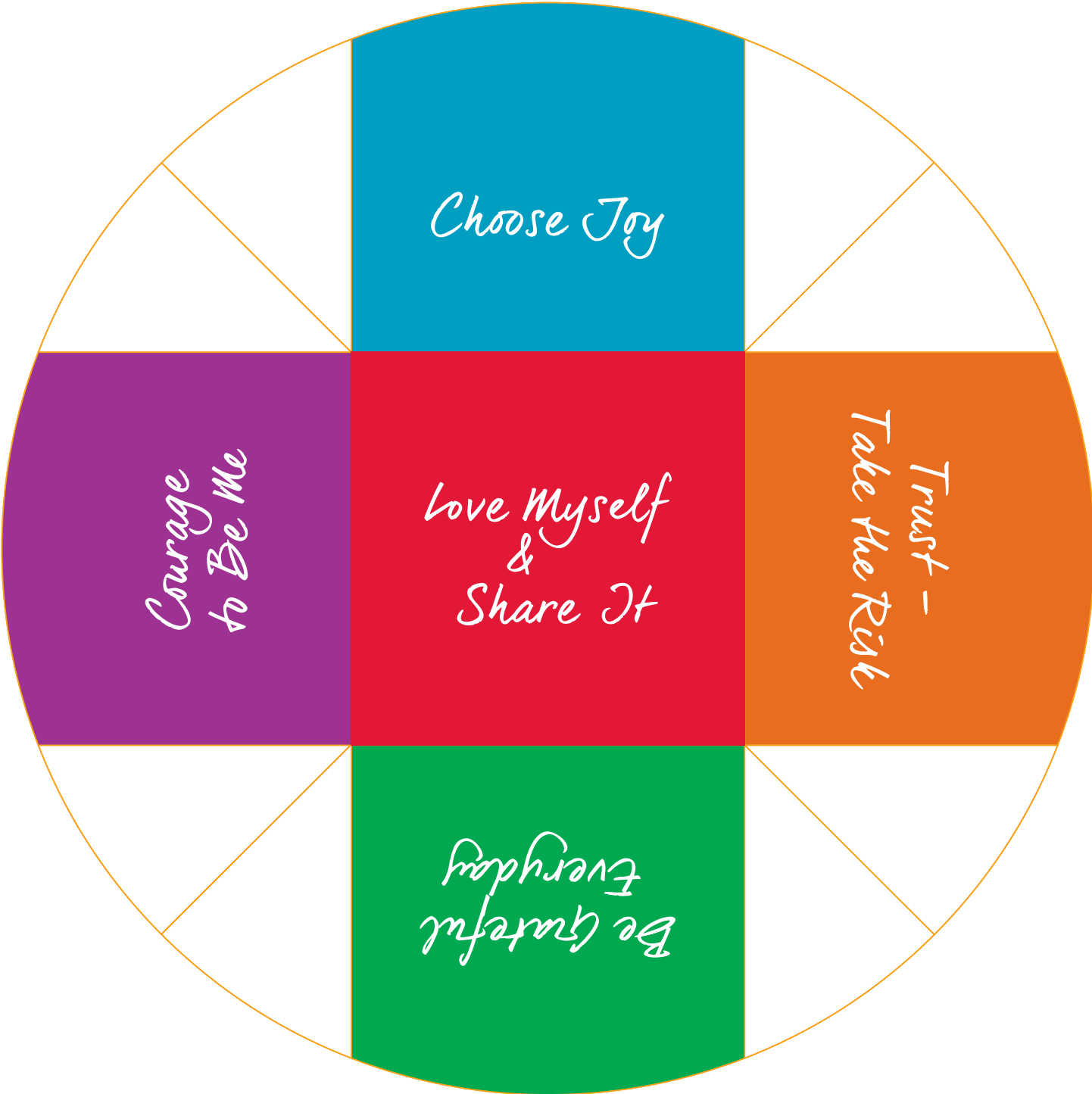
The No Regrets Project is an offering of The Living & Dying Consciously Project.

Visit our website to learn more about our offerings through blogs, workshops and donation gifts. As a non-profit 501(c)(3) organization, we rely on donations from those who find our tools useful in their lives. Your donations are tax deductible.



1. Cut out circle.
2. Cut along dotted lines to the center square.
3. Fold each of the 8 triangles towards the Inside along the solid line.
4. Fold each of the 4 petals toward the Inside along the solid line.
5. You should have a square with No Regrets Project on one side and Love Myself & Share It on the other side.





# No Regrets Project

JOURNAL

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## Courage to Be Me

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## Be Grateful Everyday

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Trust – Take the Risk

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## Love Myself & Share It

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# No Regrets Project

ARTICLE



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## No Regrets: Living with Dying

BY KITTY EDWARDS

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In May 2013, Patti Pansa, a professional engineer and life coach, contacted me for assistance in her journey towards death. She had taken care of all the literal preparations for death: she had spoken to her family about her wishes for her end-of-life care; her last will and testament, advanced health care directives and medical durable power of attorney were all signed and delivered to the appropriate people; a list of her important accounts with passwords sat in a folder next to her computer. But Patti wanted more. She wanted to leave a legacy for her family and friends. Perhaps most of all, she wanted to discover ways to celebrate life while she still had time.

I shared with Patti several articles on the regrets of the dying. These articles chronicled how many people regretted working too much, spending little time with family or living a life that was not their own. These articles made quite an impression on Patti; all she could hear was "I wish... I wish." With Stage 4 metastasized breast cancer, Patti didn't want to wish. She wanted to know how to live life with no regrets. Out of Patti's vision and sense of urgency, the No Regrets Project was born.

Between radiation treatments, spinal surgery and a bucket list trip to Alaska, Patti wrote essays, talked with anyone who would listen, dreamed and created. In the end, she developed five simple, personal practices to help herself live life more fully: be grateful everyday; trust – take the risk; courage to be me; choose joy; and love myself & share it. While the phrases may be simple, accomplishing them is not. The development of the No Regrets Project is Patti Pansa's legacy to all of us.





## Be Grateful Everyday

*"I have a choice to focus on gratitude. Some days the pain is almost unbearable. If I focus on the pain, it will intensify like a tsunami. When I concentrate on what I am grateful for, I am more peaceful."*

PATTI PANSA, MAY 2013



Each day, Patti wrote in her gratitude journal. The simplest things caught her attention. "I am grateful for a little bird sitting on a branch outside of my bedroom window." "I love to feel the warmth in the sunlight crossing my bed," and more. This practice of gratitude helped her to focus on the things that she appreciated most, rather than on her declining health and the difficult medical procedures that she endured.

Patti wanted to live. She didn't want to leave her family and friends. She would always thank her friends for the favors they performed. But, perhaps more importantly, she also told each one of them the unique gift they brought to her. I do not know what she said to others, but she often thanked me for not being afraid of her illness.



## Trust – Take the Risk

*“When I trust and move forward into a new adventure, I am amazed at the support that the universe provides for me. The No Regrets Project is a good example of this. The idea came to me as an inspiration during a morning meditation. I shared the idea with friends and they wanted to help.”*

PATTI PANSA, JUNE 2013

A week after writing this, Patti visited friends in Santa Fe, New Mexico. In casual conversation, one friend mentioned a jewelry designer who produced marvelous pieces. An hour later Patti was in the studio of Douglas Magnus, a designer of embossed, metal bracelets. She wanted to interest him in designing bracelets with the No Regrets phrases on them. Instead, he encouraged her to design the bracelets herself.

In the last months of Patti’s life, she designed the bracelets, hired a mold maker, and found a manufacturer. Patti trusted that the help she needed would appear. And it did.

That summer, Patti learned that trust requires an element of surrender. Not the surrender of defeat, but rather a sweet surrender. With diminishing energy, she simply followed the flow of suggestions and referrals to find the resources that were needed in a short period of time. Patti trusted, took the risk, and a legacy was created.



## Courage to Be Me

*"I am dying. This makes some people uncomfortable and sad. It makes me sad sometimes too. When I show up as the person I truly am, it creates a space for others to step into the fullness of their being. Our conversations are more authentic. The masks fall away."*

PATTI PANSA, JULY 2013



Patti was courageous in her life and in her death. Often, she saw people choose to be invisible or masterfully reflect what others wished to see. For Patti, who stood six feet tall, being invisible was never an option.

In June 2013, Patti underwent radiation treatment to alleviate some of the symptoms of bone pain, treat a fractured vertebra, and shrink a tumor in her neck. To precisely target the areas for the radiation, a radiation mask was built for Patti's torso. The process of creating the mask was excruciating and frightening. At the end of the treatments, although her sister wanted to run it over with a car, Patti wanted to take her mask home. She then stepped into ceremony with her friends to create transformation.

With some imagination...some glue... and a sense of fashion...the radiation mask was transformed into a symbol of strength and beauty; a beautiful bust of Patti was created. Patti's friends then took the mask on adventures that Patti herself could no longer manage. It was photographed at sunrise in the high mountains. It was spotted in a sporty, red convertible. It was seen sipping a strawberry margarita. The mask even posed for an advertisement in a national magazine.

Patti's radiation mask now resides at the University of Colorado Cancer Center in Denver, Colorado where workshops are held to assist children with cancer to decorate their own radiation masks.



## Choose Joy

*"Happiness is a choice that I can make no matter how grim circumstances might seem. The joy of being alive is always attainable at some level."*

PATTI PANSA, AUGUST 2013

Over the summer, Patti talked about grief and how it connects us to those we have lost. She knew that the greater the joy, the greater the grief. She often talked about grief and joy as if they were threads from the same fabric, the warp of joy was inexorably interwoven with the weft of the grief. Patti's fabric was a coat of many colors, rich in texture and deeply alive.

As Patti's disease progressed to its final stage, she asked her friends to throw a goodbye party for her. She looked for opportunities to express joy and share it with others. At this party each friend brought a flower that represented an aspect of Patti that they loved or admired. There were tears and there was laughter. In the end the vase of flowers overflowed with the vibrant colors of Patti.



## Love Myself & Share It

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*“For me it’s about choosing how you want to live your life, really choosing... loving myself enough to free myself to be fully me... in all of my expanded potential.”*

PATTI PANSA, SEPTEMBER 2013



Patti spent the last five months of her life celebrating, sharing, creating, loving and living. She knew her energy was limited. As a caretaker of family and friends, she could easily give herself away. Instead, she developed a practice of nourishing herself first – before caring for others. But Patti discovered that loving herself first was not easy; her friends wanted so much more from her than she could give. As she continued her meditation practice and writing in her gratitude journal, she also added a new practice: releasing regrets.

Patti defined regret as an action taken or not taken, and now regretted. Or it might also be an action someone else took, or one they failed to take, that she regretted. Each day Patti released a regret, only to discover that there was a lesson embedded in each one. She recognized that each regretted action or inaction had actually held a gift, an insight, a strength. She came to understand that these pearls were ways she had loved herself throughout her life. Spending time reflecting on her strengths, compassion and wisdom gave her the space to nurture herself.

On September 23, 2013, under hospice care, Patti died at home with her family. She died with no regrets.



Kitty Edwards is the Executive Director of the No Regrets Project, a program of The Living & Dying Consciously Project. For more information about these organizations visit [www.noregretsproject.org](http://www.noregretsproject.org) or [www.livinganddyingconsciously.org](http://www.livinganddyingconsciously.org)

This article was first published in the Natural Transitions Magazine, Winter 2015. It also appeared in DailyGood syndicated from [kindspring.org](http://kindspring.org), March 4, 2015.