



OCTOBER 20, 1953 - NOVEMBER 11, 2010



A BEAUTIFUL LIFE HAS
BEEN LIVED

In celebration and
remembrance
for all the love and
adventures we have shared.

The love we have
shared together
binds our hearts forever.



✧ Eulogy For Craig ✧

Thank you all so very much for gathering here today.

It is so comforting to see so many people here. I do not think I know this many people, so when it is my time, would you mind coming to my memorial?

Craig is my younger brother. I want to share with you some background on his childhood and some thoughts I have about life and death.

Valarie, our sister, mentioned just a short time back that us siblings were a major part Craig's life for about 20 years, approximately 36 years ago. While childhood shaped much of our lives, the next 36 years was what Craig's life became. Most of you here knew Craig during those additional 36 years of his adult life.

So here is some information on his past.

Craig was born in San Francisco on October 20, 1953 to Walter McKenzie and Colleen Moody. Our dad was born in San Francisco and our mother was born in New Zealand. Our parents were divorced are now deceased.

Craig is the 3rd child of four, we were born approximately three years apart, Dennis being the eldest, who has been living in Alaska

for over 40 years is a well renowned artist & potter, and my good friend/big brother, then myself Dianne, 3 years older than Craig. I am artist, now living in Santa Fe New Mexico. Then there our Valarie, our youngest who is a gifted healer, massage therapist and my very best girl friend.



When you look at the pictures of Craig when he was a young child you see his sparkle, his sweet smile and sensitive heart in all his pictures. He was an adorable loving gentle being.

When Valarie our youngest was born, she entered our family with sever asthma and marked the start of 14 years of serious life & death illness issues. Valarie lived in and out of hospitals and oxygen tents for the first 7 years of her life. Craig & Valarie were inseparable during these early years.

We have picture showing them holding hands. They did this all the time. They were buddies! Just as Valarie's asthma was lessening, Craig developed a serious blood disease at the age of 9 years old that changed the course of his life. Craig' blood disease affected his health for the rest of his life. Craig's blood disease did not define his adult life but definitely played a part in his recent death.



Yet despite this difficult start in life, Craig went on to create his life and leaves behind a life well lived, filled with family, loved ones and memories. Kim has been married to Craig for over 27 years. Craig, Kim & their 3 children have formed a very close bond. He is survived by his 4 children, Erik his eldest, Amber, Aaron & Austin, 2 grandchildren, Makayla, & Ayden and Amber's fiancé Kyle & Aaron's fiancé Heather.

When I think about Craig I see him as this little boy, even though many years have gone by. I have always seen his inner sweetness, impishness behind the

exterior that Craig showed the world. Perhaps I see him this way because I feel I helped raise Craig & Valarie. Even a surrogate parent that I was, has a hard time letting go of that early bond we had together. Most of you have known Craig as a co-worker, as a friend, as a father and as a husband after he became an adult. I would have liked to know him more in his adult life.

Eternal Beings

I believe we are all eternal beings, we have our time as physical beings and then as non-physical energy. Death is the transition into the non-physical, similar to walking out of this room into the next.

I am going to read some poems and prayers that I find comforting and helpful. After the readings I will lead us on a loving kindness meditation and I will ask others sitting here to share their thoughts and feelings about Craig.

I have taken some artistic license from some of the following poems.



The Dash - by Linda Ellis

I read of a woman who stood to speak
At the funeral of her brother.
She referred to the dates on his tombstone
From the beginning to the other.

She noted that first came the date of his birth, 1953
And spoke of the following date with tears, 2010
But she said what mattered most of all
Was the dash between those years.

For that dash represents all the time
That he spent alive on earth
And now only those who loved him
Know what that little line is worth.

For it matters not, how much we own,
The cars, the house, the cash,
What matters is how we live and love
And how we spend our dash.

So think about this long and hard;
Are there things you'd like to change?
For you never know how much time is left
That can still be rearranged.

If we could just slow down enough
To consider what's true and real
And always try to understand
The way other people feel.

And be less quick to anger
And show appreciation more
And love the people in our lives
Like we've never loved before.

If we treat each other with respect
And more often wear a smile,
Remembering that this special dash
Might only last a little while.

So when your eulogy is being read
With your life's actions to rehash
Would you be proud of the things they say
About how you spent your dash?

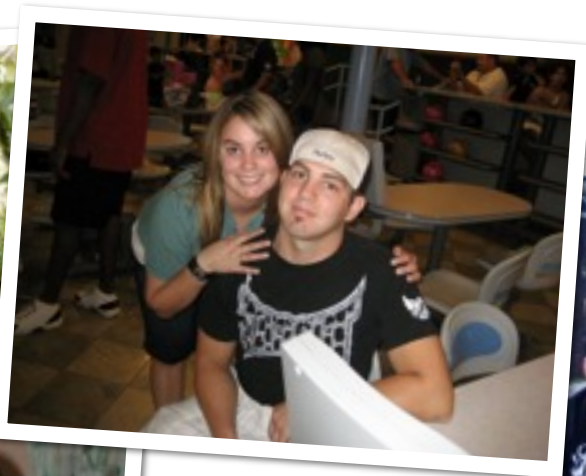


Prayer

Creator of life and light,
We praise thee this day for the beauty of thy world,
For sunshine and flowers,
storm-cloud and starry night,
For the radiance of dawn and the last smoldering calm of the sunset.

We thank thee for physical joys,
For the ecstasy of swift motion, for deep water to swim in,
For the goodly smell of rain on dry ground,
For hills to climb and work we do,
For all the skill of hand and eye,
For music that lifts our hearts,
For the hand of a friend,
For the gracious loveliness of children,

For all these thy sacraments of beauty and joy,
We thank thee.



Quotes & Poems

“There are four questions of value in life... What is sacred? Of what is the spirit made? What is worth living for, and what is worth dying for?
The answer to each is the same. Only love.”

by Don Juan de Marco (1995)



He is Gone

By David Harkins

You can shed tears that he is gone
or you can smile because he has lived.

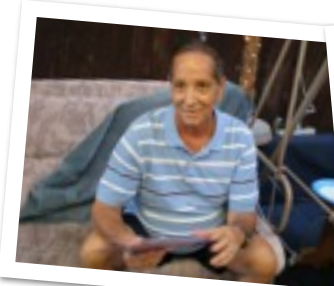
You can close your eyes and pray that he'll come back
or you can open your eyes and see all he's left.

Your heart can be empty because you can't see him
or you can be full of the love you shared.

You can turn your back on tomorrow and live yesterday
or you can be happy for tomorrow because of yesterday.

You can remember him and only that he's gone
or you can cherish his memory and let it live on.

You can cry and close your mind, be empty and turn your back
or you can do what he'd want: smile, open your eyes, love and go on.



Some Thoughts on Life & Death

In reality, there is no death - only transition. So, the real question is; "How can we live our life now to make our "transition" free and clear?"

First of all.... who are we really and why are we here?

Deepak Chopra tells us:

"Human beings are made of body, mind and spirit.

Of these, spirit is primary,

for it connects us to the source of everything,

the eternal field of consciousness."

and that....

"Each of us is here to discover our true Self..

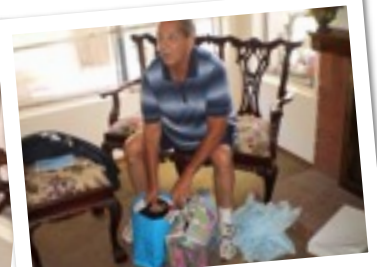
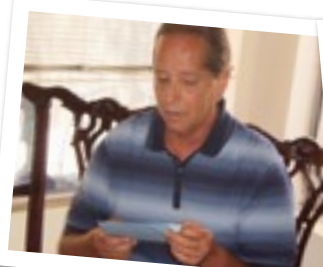
that essentially we are spiritual beings

who have taken manifestation in physical form...

that we're not human beings that have occasional spiritual experiences

that we're spiritual beings that have occasional human experiences. "...

So, knowing now that we are spirit incarnated on earth to discover our true Self through our physical form, and knowing that Spirit does not die, then we can understand that death is nothing to fear because it is then really only a transition and a 'return to home', then how we live our lives here and how we think about ourselves and our life can be liberating and empowering. If you were to die tomorrow, can you say that you lived a full life and that you impacted positively on the lives of those around you? Would there be any regrets of things left unsaid or undone?



When you were born, you cried
and the world rejoiced.

Live your life
so that when you die,
the world cries and you rejoice.

by White Elk, Native American elder



Autumn by Paolo Nutini, Scottish singer, songwriter and musician born 1987

This is for Kim & Craig's 4 Children

Autumn leaves under frozen soles,
Hungry hands turning soft and old,
My hero cried as we stood out there in the cold,
Like these autumn leaves I don't have nothing to hold.

Handsome smiles wearing handsome shoes,
Too young to say, though I swear he knew,
I still see him resting while he sits there in his chair,
Now these autumn leaves float around everywhere.

And I look at you, and I see me,
Making noise so restlessly,
But now it's quiet and I can hear you saying,
Don't cry, Don't cry. Don't cry for me.

Autumn leaves how faded now,
that smile that I've lost, well I've found some how,
Because you still live on in my children's eyes,
These autumn leaves, oh these autumn leaves,
oh these autumn leaves are yours tonight.



Loving Kindness Meditation

Loving kindness meditation (“metta”) develops our ability to connect and care for ourselves and others in a way that deeply fulfills our wishes to be happy and peaceful. Through the practice the quality of patience, compassion, and equanimity are cultivated. Because of this, an inner and outer environment of safety is created and our hearts and minds can open with less fear and attachment. The result of this practice is an ever deepening peace of mind, from which the truth of life can be recognized more clearly.

SIT COMFORTABLY WITH EYES CLOSED AND SILENTLY REPEAT AFTER ME:

If anyone has hurt or offended me, either knowingly or unknowingly, to the best of my ability, I forgive you now, knowing that any unskillful actions come from greed, ignorance & fear.

If I have hurt or offended anyone, either knowingly or unknowingly, I ask your forgiveness now.

May I be happy. May I be peaceful. May my heart be filled with loving kindness. May I cultivate wisdom, compassion & understanding.

May I be free from suffering. May I be free from aversion. May I be free from delusion & fear.

May I be free from inner and outer harm and danger. May I be safe and protected. May I be free of mental suffering or distress. May I be free of physical pain and suffering. May I be healthy and strong.

May I be able to live in this world happily, peacefully, joyfully, and with grace. May I be prosperous.

May I live with ease and well being. May I care for myself joyfully.

May I be free from inner and outer harm. May I be filled with loving kindness. May I come to freedom in this very life.



NOW TURN YOUR THOUGHTS TO CRAIG AND SEND HIM THOUGHTS OF LOVING KINDNESS

Just as I wish to be happy, “Craig”, may you be happy. May you be peaceful. May your heart be filled with loving kindness. May you cultivate wisdom, compassion & understanding.

May you be free from suffering. May you be free from aversion. May you be free from anger, hatred, delusion & fear.

May you be free from inner and outer harm and danger. May you be safe and protected. May you be free of suffering or distress. May you be free of physical pain and suffering.

May you be free, happy, peaceful, joyful. May you be with ease and well being.

May you be free from inner and outer harm. May you be filled with loving kindness. May you come to freedom.

NOW TURN YOUR THOUGHTS TO CRAIG’S FRIENDS, FAMILY AND THOSE WHO HAVE TOUCHED YOUR LIFE AND SEND THEM THOUGHTS OF LOVING KINDNESS.

Just as I wish to be happy, may my friends, family & those who have touched my life be happy. May you be peaceful. May your heart be filled with loving kindness. May you cultivate wisdom, compassion & understanding.

May you be free from suffering. May you be free from aversion. May you be free from anger, hatred, delusion & fear.

May you be free from inner and outer harm and danger. May you be safe and protected. May you be free of mental suffering or distress. May you be free of physical pain and suffering. May you be healthy and strong.



May you be able to live in this world happily, peacefully, joyfully, and with grace. May you be prosperous. May you live with ease and well being. May you care for yourself joyfully.

May you be free from inner and outer harm. May you be filled with loving kindness. May you come to freedom in this very life.

NOW TURN YOUR ATTENTION TO YOUR COMMUNITY AND SPREAD THOUGHTS OF LOVING KINDNESS OUTWARD. DIRECTING YOUR THOUGHTS OF LOVING KINDNESS TO ALL PEOPLE EVERYWHERE, PAST, PRESENT & FUTURE.

May you be happy. May you be peaceful. May your heart be filled with loving kindness. May you cultivate wisdom, compassion & understanding.

May I be free from suffering. May I be free from aversion. May I be free from anger, hatred, delusion & fear.

May you be free from inner and outer harm and danger. May you be safe and protected. May you be free of mental suffering or distress. May you be free of physical pain and suffering. May you be healthy and strong.

May you be able to live in this world happily, peacefully, joyfully, and with grace. May you be prosperous. May you live with ease and well being. May you care for yourself joyfully.

May you be free from inner and outer harm. May you be filled with loving kindness. May you come to freedom in this very life.

TURN YOUR THOUGHTS OF LOVING KINDNESS TO INCLUDE ALL BEINGS.

May all beings, all animals, all divas, spirit guides, & guardians everywhere, in all dimensions & in all realms on all planes of existence, known and unknown, seen and unseen, be happy, be peaceful, be free from suffering.

May you be happy. May you be peaceful. May your heart be filled with loving kindness. May you cultivate wisdom, compassion & understanding.

May you be free from suffering. May you be free from aversion. May you be free from anger, hatred, delusion & fear.

May you be free from inner and outer harm and danger. May you be safe and protected. May you be free of mental suffering or distress. May you be free of physical pain and suffering. May you be healthy and strong.

May you be able to live in this world happily, peacefully, joyfully, and with grace. May you be prosperous. May you live with ease and well being. May you care for yourself joyfully.

May you be free from inner and outer harm. May you be filled with loving kindness. May you come to freedom in this very life.

NOW TURN YOUR THOUGHTS BACK TO CRAIG

Visualize tremendous rays of light emanating from spirit, pouring down all their compassion and blessing to Craig. Visualize this light streaming down onto Craig, purifying him totally and freeing him from any confusion and pain of his death, granting him profound, lasting peace. Visualize then, with all your heart and mind, Craig, dissolves into light and his consciousness, healed now and free of all suffering, soars up to merge into source, and forever, with the wisdom mind of spirit energy.

"Thus shall you think of all this fleeting world:
a star at dawn, a bubble in a stream,
a flash of lightning in a summer sky,
a flickering light, a phantom, a dream."
- from The Diamond Sutra

The remembrances we carry in our hearts & memories. I know Craig as my younger brother, but I do not know Craig as a co-worker other than his co-workers recently celebrated 30 years together. I do not know him on a daily basis, as his family knew him. I would email Craig and share my life stories, art work events and he would send me 2-3 lines of text and perhaps photos of his kids & grandchildren.

"Sorry I haven't gotten back to you been busy with work, chemo and family.. We had all our kids over last night and did some barbecue on the grill! Sending you some pics from last night, your house looks great! I will give you a call, ..."

"We are all feeling fine, I really have nothing to say. Have some pictures to send you though!"

"Everything is fine!"

"Hi nice card, Same to you, have a great Holiday From the McKenzie Family!!!!!!! XX00XX00"

"Hi hope you had a great Xmas, we did. Sent you some pics. Love Ya!!!!!!!!!"



THAT'S MY CRAIG!

A BEAUTIFUL LIFE HAS BEEN LIVED

In celebration and remembrance
for all the love and adventures
we have shared.

The love we have shared together
binds our hearts forever.

I would now like to ask those that knew him if they would share their experiences with us. Would someone like to share their thoughts, feelings or experiences?

-Eulogy by Dianne McKenzie,

November 14, 2010

