The following story is incredibly controversial and only my opinion.  I do believe happiness and following your heart are essential for optimizing health and longevity.  However not all death is about spiritual choices. I understand there are factors we cannot control that may contribute to death.  Sometimes we just develop diseases because of exposures we have had.  With poor genetic make up, we can modify our lifestyle and diet and state of mind to help, but it will likely not lead to becoming centenarians.  Please do not take this story as a statement that I believe every death is a ***spiritual suicide***.  Death comes in all forms. I just believe this to be the case with my father.   
   
   
   
   
**Bapa’s Life and Death**  
   
Over time, I've learned important details about my father. He was living under a lot of stress at the time of his death. I have no idea the state of his marriage when he died, but I do know the state of his career.  
   
My Bapa was far from content doing what he was doing. He was a data processer for an insurance company and acted as a vice president.  The computer, which at the time was the size of a room, crashed at his work just before he died. He was gone to work until 10 pm most nights.  He woke at 4 am every morning to exercise. While one might think that is great for health, it was an added physical stress that hurt him.   
  
He was frugal to an extreme and would never eat his own meal but ate the leftovers from his 3 children’s plates even if he could afford it. He ate animal products and vegetables raised inhumanely in the late 70’s when our country was starting to mass produce foods. He also consumed large amounts of candy.   
  
In my early 40’s while staying with my uncle, my father’s brother (17 years younger), he showed me one of the 2 letters he ever received from my father. This letter was written just 2 weeks shy of my Bapa’s death. In the letter my father expressed the joy he got from being with his family. He also confessed his unhappiness with his career. He had been dreaming of starting a store with my uncle and going back to a life more like he lived in the Peace Corps in Malaysia. He was unhappy and stressed in his current life.  
   
My mother did not work. She stayed home with her 3 kids while my father worked to support us all financially. As much as he wanted this change, he was afraid, fearing financially for his family.  What if his idea failed? What if he could not support us on this new path? He did not write these queries, but I imagine he felt trapped by his life. He loved his children, but the burden of supporting us all in a life he did not want became daunting. Instead of taking a chance and making this change, he  anyways.   
  
I do not fault him for this. I do not know enough about the supernatural to say one way or another if this was spiritually intentional. I have heard about the spiritual world making such choices for people who were far off their given path. I believe we have a spiritual contract to follow in our lives. If we follow the signs, the universe will guide us correctly. However if we veer too far off of this path, it is too hard to get back and the spirit world may make a choice for us.  It does not happen to everyone but I have seen a handful of folks die in a life they likely would rather escape.  Often we do not follow the signs from the universe out of fear, fear of failure, fear of what others might think, fear of the unknown.  
   
When we choose wrong, we are often unhappy or unhealthy, and sometimes I believe our lives are taken from us. Our angels have stepped in to give us another chance in the next life to do it right.  I imagine something like this happened to my father.   
   
I also realize that I too have my own fate and this was the contract I signed up for by being born into my family.  This was the life I was meant to live and these were the lessons I was fated to confront.   
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