



**TriYoga® Center of Philadelphia
at Mind-Body Services**

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**In Remembrance of Debbi Gardner
January 13, 1951 - January 10, 2012**

Debbi Gardner, our dear friend and TriYoga sister, passed away peacefully last night. I consider myself one of those lucky enough to have known her during her time here. The first memories I have of her are of a joyful, radiant woman, a phenomenal cook, and a giving, compassionate soul. As she coped with cancer and ultimately prepared to depart and "cross over," she was a true inspiration. Watching her grace, acceptance, openness, and readiness to handle this greatest of life's transitions deeply moved me. She took such care to complete any needed communications and to speak and demonstrate love in her final months, weeks, and days. She demonstrated a conscious acceptance, surrender, and awe to passing over. She will be remembered forever and dearly missed. We wish her and her family the greatest peace and love.

In her own words:

"Most important, remember, in spirit we are just one.
Anything loving is true. Anything else is just an illusion."

~ Om Shanti ~

From TriYoga of Central Pennsylvania and Theresa Shay:



TriYoga
of Central Pennsylvania

Debbi Gardner

January 13, 1951 - January 10, 2012



Our dear friend and beloved TriYoga sister has transitioned to her eternal home. She left her body peacefully and quietly on Tuesday from home with Swamiji chanting in the background.

Debbi touched many lives in her time on earth, sharing TriYoga, cooking for friends and family, and living the wisdom of *A Course in Miracles*, her most beloved spiritual text. Her final weeks were spent consciously preparing to depart by visiting with friends and family. Through her preparations, she educated all of us around her about what a conscious life - and death - looks like.

Until the very end, she resonated with alive-ness. Her skin was radiant and her eyes were bright. Her conversations revolved around how much she loved each person present, and her reminiscing was full of smiles. A few times she shared, "It's been fun being Debbi Gardner!" In the final days, she asked all who sat with her to read spiritual meditations about departing, and would exhale with a smile, "That takes me right in." She was blissful and continued her life of service to her last days.

Debbi was lovingly cared for through her period of hospice by her sister Pam, son Jeremy, and husband Denny, with help from Jeremy's girlfriend Fumi. Their service allowed her to be at home in a peaceful and spiritual environment, which was important to her. Debbi chronicled her final weeks on earth with numerous postings on her blog, www.debsway.net. She also shared on the blog more than 40 emails that she sent to her Guardian Angel list starting with her diagnosis of ovarian cancer in August of 2006.

There is no greater testimony to a life lived in love than that of our dear friend Debbi. She will be missed in the form we have known her, and yet, she is entirely present with us. She continued to remind us as she was preparing to transition that this reality is an illusion, and that in truth, "we are all one, no separation." Those of us she has left on this side now have the opportunity to live into that knowledge with our friend Debbi guiding from the other side. I give thanks for her life, for her spirit, and for the joy it was to walk side by side with her in this lifetime.

Jai Guru Devi,
Theresa

The memorial service will be held Monday, January 16, 2012, at 11 am, at Ewing Brothers Funeral Home, 630 S. Hanover St. in Carlisle.

[TriYoga of Central Pennsylvania](http://www.triyogaofcentralpennsylvania.com)

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