

## A Meditation with Perry Tilleras

*Perry Tilleras was a member of our class. He died in 1991 at the age of 42. Perry had two books published. One of these is titled, **The Color of Light: Daily Meditations for All of Us Living With Aids.***

AIDS has led many of us into making changes that we probably would have put off for years. We decided we wanted to live, so we began eliminating those things that were self-destructive such as alcohol, other drugs, cigarettes and junk food.

Then we learned that our addictions and compulsive behavior kept us cut off from other people, from our spirituality and from our feelings. We discovered how exciting it is to have feelings and feel alive instead of running from them into numbness and oblivion. We learned that the fear of hurt is often more painful than hurt itself.

Ironically, this experience is teaching us that life can be wonderful, that our lives can be full and rich, that we can become the people we were born to be.