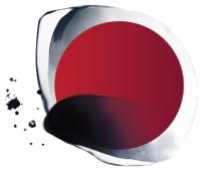


## I Did Not Die



Do not stand at my grave and weep,

Do not stand at my grave and weep,  
I am not there; I do not sleep.  
I am a thousand winds that blow,  
I am the diamond glints on snow,  
I am the sun on ripened grain,  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circling flight.



I am the soft star-shine at night.  
Do not stand at my grave and cry,  
I am not there; I did not die.

## Reference

The "definitive version," as published by The Times and The Sunday Times in Frye's obituary, 5 November 2004:[2]

Mary Elizabeth Frye (November 13, 1905 - September 15, 2004) was a Baltimore housewife and florist, best known as the author of the poem [Do not stand at my grave and weep](#), written in 1932.[1]

She was orphaned at the age of three.

The identity of the author of the poem was unknown until the late 1990s, when Frye revealed that she had written it. Her claim was later proven by [Abigail Van Buren](#).

Her poem was also used in one of the Norwegian protocols to express condolences after the [2011 Norway attacks](#)

Image courtesy of: [Akhil Lincoln @akhil\\_lincoln](#)

*The Tim Dukes Method* provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.