

Life In Retrospect

The calendar tells me it is time for a quarterly update. However, my heart tells me it is time for a reality check. I am privileged in that I get to work with young adults part time, actually they are teenagers. I say it is a privilege because they are great teachers. Recently I had the opportunity to interact with a young woman who just returned from a hospital that helps children who have a rare form of cancer. I had not seen her in months and she looks so emaciated and not well. I hugged her and told her how great it was to see her again. She sat on the couch in my office because she did not feel well. I asked her if she met other children where she was and her reply was that she was so sick she does not remember anything due to all the chemo her body has had to undergo. Then she added that her Doctor told her that it is best she cannot remember, because she was so sick. She actually told me she has a very hard time remembering anything now. She also feels sick and in pain very often. How do you comfort someone like that? I gave her my snopy dog to hug and told her I loved her and said she is very brave while we waited for her Dad to come and take her to the Doctor.

Once again, I was reminded how much I have to be grateful for. When God, Spirit, the Universe brings me opportunities such as these, I am truly blessed. So it makes me wonder, as we prepare to bid goodbye to the summer, and welcome the phase known as Indian summer, depending on where we are geographically positioned, how much have we practiced gratitude for all that works well in our lives? It is so easy to take our health for granted, and then when we see those less fortunate than us, do we ask, how can I help? Or, do we say a silent prayer that intimates "there but for the grace of God go I?"

Another young adult, this time a teenage boy who is partially paralyzed and on crutches is another great teacher. I shared with him just today how I use him as an example for the fact that every day he has to move his body with crutches, and it takes him longer than others to get where he is going. Yet, with all of his limitations, he smiles a lot and has said on many occasions, "all is well." How many of us can say that, all is well, even when we have our health?

My intention in this reflection is not to create guilt, but gratitude. Many people have said how important gratitude is, however the real feeling of gratitude is found in experiencing it. So, as we move forward in time, my hope is that we are able to greet each day as a lesson. I often prepare my mind each morning for the kind of day I would like to create, and I am open to learning what will make me even more grateful.

I hope these musings have inspired you in some small way. For those of you who are interested, we are beginning a spiritual support group in mid September. Please see the information attached for the number to call to register. Although the first group is open to women, the intention is to create groups for both men and women together. I wish everyone a sacred, special time in these coming months.

Many blessings,

Dr. Deri Joy Ronis

