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The life we live

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It is often said that we should make the best of our life for it's the only one we have. But what if the life we have is not the only life we live? To assume responsibility for one's life is a huge undertaking, requiring much sole searching, humility and gratitude. Even when we loathe to do so. Lessons worth learning are not easily won and most times sacrificing one's expectations and illusions for the truth seems merciless. In the beginning clarity comes infrequently. As one progresses towards a higher balance of living, clearer realization of one's indiscretions reveal themselves quicker and with more impact. The universal joke of all this is that the more aware we are of the life we live, the more aware we are of the life we are not living. Correction becomes immediate. The ability to run away from one's self is no longer an option. There is no going back. The choice to be better, to be the best we can be for ourselves, our children, our family, community, nation and the world is a one-way street. It is difficult to deny what we know.

Welcome to the fight worth fighting. It is the battle between who we think we are, who the world thinks we are and who we are meant to be. It is the life that dreams and creates. That wants to inspire rather than destroy. It is the legacy that we leave for the generations yet to arrive.

The life we live is the after image left behind when we are gone. It is the remembered compassion extended or the memory of the smile shared when it is the last thing we want to do. It is the offering of comfort when it would be so much easier to walk away. Everyone grows stronger when everyone cares. Such are the memories of the life we live.

Here's to the Health of your Life.

