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Helping People Heal

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The other day

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The other day I met a couple who had been married for more years than I have been alive. We were by the river. They told me about times the river flooded and about times the river ran dry. The river was their trusted friend where confidences were kept, and dreams were designed. It was there when they were children and it was there when they were raising their family. It has been there through their old age. Guiding them and teaching them. Peace and acceptance shone from their eyes.

The other day I met a couple who owned a small hotel. They just moved their mother in to live with them. She was elderly and lived all her life on the other side of the country. They were thrilled to be able to take care of her. It required so many changes and compromises from all of them. She grieved for her solitude. They borrowed money to expand the main house. They were learning to live with each other and to give to each other. They were relearning what it meant to be a family.

The other day I met a couple who were very successful and meticulously planned for their retirement. They loved the city and loved being within driving distance of it. One was a doctor and the other had a career in advertising. Working their entire life to make sure everything was secure for when they got older, they often did without. They knew that all would be taken care of. When the market fell, they had to leave and find a different place to call home. What was it all for?

The other day I met a couple from Missouri; a couple from Colorado and a couple from Kansas. Life happens for all of us.

There is more that connects us than divides us.

Here's to the Health of your Life.

