

For This Moment

paraphrased from Healing After Loss by Martha Whitmore Hickman

For this moment, the place where I stand is my world.

When we lose a loved one, we feel such a fracturing of our lives, a sense of being separated, as though our experience and our loved one's are now forever different.

Perhaps it is a strange comfort to remember that we are all part of the same human adventure, that our loved one has gone on ahead, on a path that we shall follow. On the other hand, we are in no hurry. We have others that we love, and while life has its hard moments, it also has some that are wonderful.

All our apprehensions and hope for life are brought into focus by the death of a loved one. We move back into the shadow of the woods and out into the light of the meadow many times. They are part of the same world. Feelings of sadness and joy enrich each other.

In some moment of quiet reflection, we find ourselves thinking of...

Something Else.

Is that okay?

Are we being disloyal to our loved one?

Will we forget?

Not to worry.

We would sooner forget to breathe.

We can be open to possibility in our life and not be afraid.

Today I am grateful for the blessings of the present.

As for the future, I'll wait and see.