

Being Thankful

My husband and I were hiking through the ravine behind our family home earlier this morning. With the pending move to a new area, it was probably the last Thanksgiving weekend that I will have the chance to tromp through these particular trails.

The air was crisp, the sun shining and there was not a cloud in the sky. Temperatures were warm enough for a light polar fleece jacket, and yet cool enough for fingers to be kept warm with mittens.

I couldn't help but think of my friends in other areas of Canada that were already shovelling the winter's first snowfall. And I was thankful.

I glanced around in awe at the gorgeous scenery, always changing with each season. I have been hiking these trails for twenty-two years and every time I am in them there is something different to admire. Again, I was feeling thankful.

A letter arrived this past week from a friend of mine. She and her husband had just sold their house, a necessity due to job loss from the economic crisis. Times were tough and they had to circle the wagons, so to speak, and re-evaluate their lives. And yet she was immensely thankful. Thankful for the memories, the love, and all she still had in her life, even though the family home was gone.

Then there was the note from a friend who was managing to keep her daughter entertained in the hospital as the days and weeks of her current stay dragged on. Her daughter suffers from an incurable disease, and yet the mom spent most of the letter being thankful for all the kind messages and notes of encouragement they had received. She too was immensely thankful.

It always amazes me how some people see the beauty in everything and others are chronically dissatisfied with many parts of life.

You know the ones I am referring to. The ones, like Eeyore from Winnie The Pooh, who are always lamenting that things aren't perfect enough.

The job isn't stable enough. The kids aren't smart enough. The wife isn't sexy enough since the kids who aren't smart enough came along. The boss isn't qualified enough. The kid's coach isn't good enough. The weather isn't warm/cold/wet/dry enough. The bank accounts aren't full enough. The economy hasn't turned around enough...and the list goes on and on.

The point is - THIS is life. And this is the lesson for today. Each and every one of us, no matter what lies in our path at any given time, has beautiful things happening around us that we can be thankful for. We just need to notice them.

We are all on a journey through time with a one-way ticket. After all of this; after the kids, the jobs, the money, the health; after everything, the journey will be over, the ticket will expire and you, quite frankly, will be gone. It is as simple as that.

So I wonder, on this Canadian Thanksgiving holiday weekend, why some people choose to spend so much of their valuable time lamenting. Although I agree that there are difficult periods of time for each of us, there are still moments within those periods that can be joyful. Acknowledging those moments is what carries us through the difficult times, easing the strain that we're shouldering.

I have a dear friend that is living with terminal cancer. It's a tough go when the doctors tell you your time left on earth is limited. Yet, I watch and listen with amazement as she lives out each day with gusto, enthusiasm and an intense desire to see and do all she can in whatever time she has left.

She listens intently to her own vibes now - that deep-rooted alarm system each of us has in our gut. When it purrs, 'oh ya baby' she runs forward with determination; when it gristles, 'gee, I dunno' she holds off until her vibes tell her differently, regardless of what others in her life say, no matter how knowledgeable, encouraging, caring, and close to the situation they may be.

As a result, she's on the right track, she's thankful and she's happy. The ticking clock may still be ticking, the pain may be unrelenting, the strain may be overwhelming at times, yet she's happy and she's thankful for all that life is giving her.

We should all live like that.

As though our time is limited. As though we've been given our walking papers and all that's left is for us to wait it out. We should wake up every morning with the desire to experience the world around us and all it offers. We should wake up being thankful that we woke up, and then we should listen to our own vibes as to where we should go, and what we should do.

As you travel down the remaining trails of your hopefully still-a-long-way-to-go journey, stop, look around, take a moment, and be thankful.

Till next time,
Louise

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