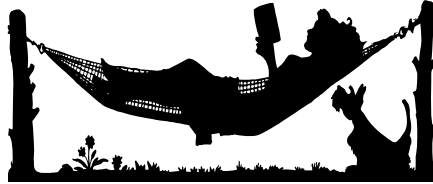


# DO IT NOW!!!

By: Darcie D. Sims, Ph.D., CHT, CT, GMS



Summer is the time when we get a new sense about the cycles of life. When the air turns warm, flowers bloom, trees offer shade and the garden flourishes, there comes a change in perspective. We may be able to see things in a new light, with new vision, with a clarity that can only be borne in the fires of loss. We will never go back to being who we were, but we can establish a new sense of self as we work through our grief. We can create a “new normal” as we learn to adapt to the changing demands of grief. We can get through this time of sorrow, but we will not get over it.

We simply learn to look at things differently in the long light of summer.

The death of a loved one teaches us to embrace the moments of our life rather than waste them in search of tomorrow. Grief is a thief, stealing away energy and time and I no longer want to be a victim of anything. There is so little time in life, when you really think about it. I no longer want to waste any of it. Sometimes I forget and I get caught up in all the “little stuff”, like schedules, and chore lists and meetings and appointments.

Then I need to step back, take a breath and slow myself down. Then and only then, can I begin to hear the new rhythms of who ever I am becoming. I am forever changed because someone touched my life. I want to remember that-always!

The lessons of our losses cannot be ignored nor negated. They simply are too expensive. I no longer want to count what I have lost. I want to acknowledge the blessings of the springs that I did spend with my loved one. I do not want to cloud the joy of our life together with a long list of things that I didn't say, things I didn't do, things I didn't mean.

The line between the living and the dead is so thin that it is not visible, but it separates those who are moving forward and those who are standing still in grief and regret. I will no longer live my life so that I am building up a bank of regrets that will have to be paid at the end of a loved one's life.

The time to say I LOVE YOU is NOW. The time to settle the argument is NOW. The time to give a hug, a kiss, a handshake, an encouragement is NOW. The time is NOW and now I want to take the time. Funny how that works. When you have too little time, it seems an impossible task to grab more. When you have too much, it seems an impossible task to spend it. The time to live is NOW.

I want to live my life with as few regrets as possible. So, from now on, I'm going to:



- Tell people I love them NOW
- Open all presents NOW
- Eat chocolate once a day
- Exercise daily, but give up being guilty if I don't
- Give up being guilty about anything
- Dance more
- Learn to play the banjo
- Tell people I love them NOW
- Keep my TO DO LIST under control
- Read more
- Listen more, talk less
- Eat vegetables once a day (but not spinach or beets)
- Wear comfortable clothes
- Give up panty hose
- Tell people I love them NOW
- Finger paint
- Hug the grandchildren, my spouse, my children
- Run through rain puddles
- Bake cookies
- Tell people I love them NOW
- Dream more, worry less
- Follow my dreams instead of just dreaming them
- Relax more
- Sit DOWN
- Tell people I love them NOW
- Be sad when I am, happy when I am
- Try to just BEING, not always DOING
- Tell people I love them NOW

Someone you knew, liked or loved has died. You did not. Whatever the reasons for this turn of events, you are have the opportunity to change your life to better reflect your dreams, passions and ambitions. Take a look at who you are, what you are doing, why you are doing it and begin to make the changes you want in order to live the life you want to be *living* instead of the one you are. *enduring*

If you still love your work or your home or your daily life, take renewed pleasure in the small moments that make up a single day. If you are not happy with your life, your home, your job, begin to work towards finding something that makes your spirit soar. Life is simply too precious to waste in wishing it were something else.



Live your life in celebration and gratitude of those who have so lovingly shared their life with you. Cherish those moments you spent together and live your new life now with a renewed commitment to living as fully as possible.

It is acknowledging and living the pain that brings forth the energy and strength to allow hope and healing to return. No matter where you are, no matter what memories you carry with you, *may love be what you remember the most.*

