

## I wish I wish

As one man said, you can't un-fry an egg, but there is no law against thinking about it. It may be too late to un-teach an old dog old tricks, but perhaps a word from the unwise may be of benefit to a coming generation. It may help them not to fall into some of the pitfalls you yourself may have slipped into on the journey.

Regret is defined as a feeling of disappointment or distress about something that one wishes could be different. Each of us have things we wish had been different or that we would do different if we had another trip through life.

Rather than be disappointed I would like to think about it this way. Mistakes are a part of being human. Appreciate your mistakes, don't regret them, for they are: precious life lessons that can only be learned the hard way.

Granted we may not be able to go back again but rather than wallow in defeat, despair, discouragement, and defeat, think about a deck of cards. When I think of playing cards I think of life itself.

When we are born we are all dealt the first hand, the hand of life itself. As we go through life we get other hands dealt for us to play until the game is finally over. This game called life also teaches us that sometimes we are dealt some bad hands during the game.

Granted, we like it when we get a good hand, but the truth is, not all hands in any game are good. However life is full of tragedy, setbacks, disappointments and trials as well as triumphs and the good things. The life lesson to remember is that we need to play the hand we have been dealt and play it the best we know how.

We don't have to like it, but the life lesson is we need to play the hands and to play them the best we can, so when the game ends, we can have the happiness of knowing we played it the best we could and we can live and die without any regrets

The opposite of regret is contentedness. Contented that we have done our best. I think of the words on a plaque in an oncology " Cancer" clinic. Do your best and leave the rest. The angels can do no more.

If you played the best we knew how to during the course of the game then rest well dear friend. You have been a success.

If you have any questions, you can find out more about our program in Cortland County NY by calling Caring Community Hospice of Cortland 607-753-9105 or visiting [www.cortlandhospice.org](http://www.cortlandhospice.org) (See our Web Link Page)