

How much time do I have left

Time is a funny thing. We never seem to have enough of it yet we have all of it we will ever get. Have you noticed that interruptions to our time, plans and schedules come at the most inopportune times. It seems like there is not a good time for our time, lives, or projects be altered by changing circumstances.

As we get older we begin to think about this question, how much time do I have left and especially if we are facing devastating and terminal illness. How much time do I have left? How much good did I do with my time while I was here? How many things do I have time to do before time runs out for me?

I would like to think about time. An unknown author has written a poem entitled Life's Clock

The clock of life is wound but once,
And no man has the power
To tell just where the hands will stop
At late or early hour.

To lose one's wealth is sad indeed:
To lose one's health is more:
To lose one's soul is such a loss
As no man can restore.

The present only is our own,
Live, Love, toil with a will --
Place no faith in 'tomorrow' --
For the clock may then be still.

There is a book whose pages contain these thoughts on the issue of time. Everything on earth has its own time and its own season. There is a time for birth and death and time for all of life's needs in between our birth and our death.

On another page of this book we find these words, redeeming the time. In other words, buying up those moments which others seem to throw away. Time is the wisest counselor of all to the one who will listen to its counsel.

Remember that if we want to make the most of our time, now is the time to do it! The question is, how does a person redeem the time especially if they find themselves in a crisis situation such as terminal illness.

A good possible first step is to unload all the unnecessary things in your life. Things such as worrying about things that you cannot change. Part of 'The Serenity Prayer' goes like this

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

I do not know of a person who has not wasted time or opportunities on his walk through life. But we cannot worry about those mistakes because the truth of the matter is, no matter how much we worry, we cannot change them.

Then consider making a commitment to love your family before it is too late. Spend time together. When we are sick it is often easier to rest in the quiet of the bedroom with the door closed than it is to get up and go out to the kitchen or living room.

But that is where the action is, where life is, where opportunity is, so go seize the moment. Laugh together, cry together, enjoy the moment.

Another suggestion is to redeem the time by refusing to look back at the past. Looking back steals the time you have left. Time that could be better used for going forward. You might want to think of it like this.

When a person drives a car and is always looking in the rear view mirror he will miss the beauty of what he is able to see through the windshield

Another suggestion is refuse to become angry with yourself over what you think was a wasted life. Leave the barren and desolate land of woulda, shoulda, coulda. Life isn't worth living unless you're willing to take some big chances and go for broke.

And no matter how bleak our outlook, there is no time like the present to take a new risk. Said this way, My days may be few but why put off changing the days I have left.

Instead of wasting time being angry over regrets, go forward while you can. Taking risk may not change the outcome we face it can make the rest of the journey more exciting. Don't forget, One minute of anger equals sixty seconds of lost happiness.

Well I hope these thoughts help you on your journey. Yes, Lost time is never found again so live each day as if it were your last - it could be!

Look at it like this The only time you run out of chances is when you stop taking them.

Be encouraged my dear friend. Go for the gold as hard as you can for as long as you can. Never give up time to dream. Dreams are what life is all about. All great inventions, works of art, or other great achievements have been the result of a dream.

As you go for the gold take time to dream, Take time to share your dreams with your loved ones and you will be leaving them one of the great keys to a life that uses the time allotted to them.

In this exercise you will have been a success in helping our world be a better place.

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 (See our Web Link Page)