

This is My Situation for Right Now

A time of staying where one is, in the present moment, until something else happens. This is my situation right now.

Waiting



Feeling a little vintage in body, mind and soul
Leaning up against the more sturdy of us two
I feel the darkness settling in but for how lengthy a time
Will it be a week, a season, or for many years to come?

Times rolling down the roads and into the woods bring smiles
Memories of children growing with laughter
Squabbling and playing a reminder of what has gone by
I try hard not to feel remorse of things I could not change.

Looking at what has passed and wondering if it still could be
Can I fix it up, step into the woods again looking to be free?
The work it would entail is beyond what I can do
And I only see the use it would be to others, other than me.

So I avoid the action of waiting hoping to find something to do
Then I put new things in my head so the verb is not paid attention to
I try to cut those expectations out of my scattered, blithering mind
Delaying the inevitable of waiting and accepting the elusiveness of time.

- Worrying and being anxious about the future gets you nowhere.
- Find something that you can do right now that you enjoy.
- Live in the present and know for this moment you are okay.
- Remember that everything changes and nothing stays the same.

Learning to accept something that you don't like, that seems to control your life and is frustrating is never an easy job. Learning to live with a new situation takes courage, people to talk with, support, information, and the ability to live in the present moment with acceptance. It took me a long time to come to accept all of the loss I was experiencing then learn to live with my new situation. There is no easy way to accept, it is a process, often a long process of learning and growing, failing and succeeding.

I have come to learn that when life gets hard I use this mantra: this is my situation for right now and everything changes with time and intent.

These are the people I can lean on and the places I can go for support :

If I was to accept that this is my situation for right now what would I be doing?

Journal Prompt: If I were the support for someone else who is going through what I am going through, this is what I would tell them.

Affirmation: This is my situation for right now and I can live peacefully in these moments of learning to accept.