

Perspective



According to a study conducted recently, we are told that we are going to spend three years of our lives waiting in lines.

Knowing that, how do we spend those minutes? Are we frustrated and do we complain? Are we annoyed because someone in front of us at the grocery store has a hundred coupons to get twenty-five cents off a loaf of bread? Do we incessantly honk our car horn thinking we can move the traffic faster? Do we hang up the telephone because we have been on hold for too long?

We all know that we have choices. When we choose to live in the moment fully, and not buy into the frustration and anxiety of the situation, we often find that our choice to remain positive offers us a few moments of respite and relief. We begin to see anew and open our eyes to different opportunities. Our perspective changes and offers us new insights. We become more open to what is really happening and often find a solution that previously seemed elusive to address the situation.

... How often have we had small but meaningful experiences that we let slip away as insignificant? Maybe we have had a marvellous conversation with a friend, sat in a warm house wrapped in an afghan or in a cuddly sweater on a cold, bitter day, or laughed until our faces hurt and tears rolled down our cheeks as we shared some precious moments with another. In our everyday interactions and events, we are blessed with countless opportunities that remind us of the joy and happiness available and accessible right before us. These awesome gifts are epiphany moments calling us to be grateful people. Each of us has the ability to focus on happiness and to choose joy. This is not dependent on some external force; we hold the power within us even when we are simply waiting. Whether in our world, neighbourhood, family, relationships, work situation, or when we are alone, we can find joy and positive energy in the moment. But it will depend on our attitudes and our personal choices.

Source: Anne Bryan Smollin csj: *The Best is Yet to Come – living fully each moment* (2016) Sorin Books.

REFLECTION

- > In our busy lives, how can we find time for those epiphany moments?
- > How can we change our perspective to fully appreciate the wonderful moments in life that often slip by?