

# Life IS Too Short...

Julie Hryniewicz-Hache -- Saturday, February 17, 2007, 2:01PM



Attending two funerals in the past two weeks, I am more determined than ever to spread my "Life Is Too Short" philosophy. Life is so fragile, unpredictable, fleeting in time, and one of those things that we just never know. Death can knock at our door or the door of our loved one, friend, teammate, relative, coworker, or neighbor at any time and it doesn't matter if they were a good person, or if they went to church, or if they were wonderful or amazing. Death happens all the time to really great people, and often times, way too soon.

I suppose if death wasn't a reality, then we wouldn't have the urgency to figure out life. I suppose if I had an infinite amount of time here on earth it wouldn't matter to me that the world is so confused and in pain right now because I would have plenty of time to contribute to making it better. I have five or six decades, at best, to make a difference, and potentially, that time could come even sooner. Since I feel that my mission and purpose on this earth to contribute to the world being a better place, then I don't want to waste any more time.

If your life is not exactly as you hoped it would be or you are feeling confused, sad, frustrated, angry, bitter, or disappointed in some way, then understand that you can turn things around. You don't have to struggle for months or years, read dozens of self-help books, fill a hundred journals full of all your thoughts, or stand on your head spitting hearts to find peace in your life. You can choose and decide today, right now, this minute that your life is going to be different because you deserve to feel joy and peace.

When we are addicted to something, experiencing illness, feeling overwhelmed about a certain situation, experiencing strain in

relationships, or triggered into anger, rage, or sadness about an issue, then there is an underlying problem that has yet to be resolved. Something from our past, childhood, previous relationships, or a combination of all of them is causing us to continue to feel pain in our current life. When we are unable to enjoy life fully, then there are two options: live the rest of your life in regrets, blame, or numbness or accept that you can't change the past, understand that you are in the driver's seat, and begin to live in the now.

It took feeling complete despair, severe depression, deep pain, illness, and widespread turmoil in my life to snap out of it. The one night on the highway, back in 2003, when I was at my lowest point ever, changed the course of my future. That night I decided and understood clearly that living in guilt, pain, and with a constant feeling of drowning and desperation is no way to live. Although many people have not reached that depth of despair, there are many who live each day with a numbness or boredom or bitterness about the hand that life has dealt them.

Despite the abuse, neglect, abandonment, lack of support, trauma, unfairness, poverty, sickness, addictions of your caregivers, crime, death in the family, divorce, apparent "mistakes", or dysfunction of your past, up until this very second, your life is in your hands and you can turn it around by focusing on right now: What you do have in your life right now, the blessings of your life right now, the things you appreciate in your life right now, the people in your life right now. Do you have siblings, parents, children, grandchildren, great grandchildren, coworkers, or friends who care about you or need you?

You can't change the past, but you can accept that the past has molded you into who you are today - as amazing as you are! The past has contributed to your strength, your personality, and your best qualities. Your past has brought you to this very minute where you are reading these words on this screen, gathering some new information about life. Your past has allowed you to experience life in a way that no other individual on this earth has ever experienced. You are a one of a kind human miracle that has survived all of that stuff and brought you to the place where you can realize the power that you have to live your life fully.

Letting your pain hold you back from seeing all of the blessings in your life is a sad and unfortunate situation. You can decide right now that you will not waste a minute more. Hug your loved ones, get together with the people who have been trying to reach out to you for perhaps years now. Talk to someone to help you deal with your past. Forgive yourself. Forgive others. Move forward towards your dreams. Share your greatest hobbies, passions, and gifts. Laugh. Love. Play. Do something fun. Get

outside in nature.

Notice the blessings in your life. Turn your attention to what you have, because you will discover that you have so much to be grateful for. You don't necessarily have to change anything about your current circumstances, but you can shift your focus. Switching the lens in which you view the world from the negative to the positive will assist you in uncovering the good that already exists all around you. Life is too short to be stuck in your past because the present moment is more precious than you realize...

*"The past cannot be changed. The future is yet in your power."* - Mary Pickford

Sending Caring Thoughts & Strength To The Family & Friends of Hugh Hawdon (Our former baseball teammate...)