

## Life

*By Cindy Peters*

The opposite of life is death, so right away life sounds good. Life is good in so many ways just thinking about:

- Viewing the splendor of the multi-colors of a rainbow.
- Watching the sunset over those beautiful snow capped Rocky Mountains.
- The sound of babies cooing and children laughing.
- The gurgling of a brook.
- The soft purring of a kitten snuggling in my lap at exactly the right moment.
- The sweet smell of freshly cut grass on a summer day.
- The sounds of the gentle pitter patter of rain drops against my windowpane.
- Music is surely one of the greatest gifts on earth and certainly a life force.
- How wonderful to be loved for your true self for the very first time.
- Life is good with all the miracles of life itself with the birth of a newborn child or animal.
- Birth is life renewing itself which makes life so good.
- A sense humor and laughter feed the soul and makes life worthwhile.
- Wealth could be nice but love, friendship and good health makes life so much better.
- My spiritual faith and meditations give life meaning.

Has my life been good? As with all humans, life has had its challenges. When I quit comparing myself to others, life becomes that much better and easier to appreciate my blessings. Life to me is a journey. Life is a great mystery with all the twist and turns and ups and downs.

Last year when my husband and I traveled through parts of Central and South America it was an eye opener. We saw so much poverty in the various villages. Yet, many of the people were able to endure and find joy with their families, music, festivals and customs. The opposite extreme one hears of some of the rich and famous who have it all. Yet many of them don't find joy. They have broken promises, failed relationships, drug/alcohol abuse and even suicide.

As I get older, I realize more and more how ever changing and fleeting life can be. Everyday I turn on my LG cell phone the message flashes across my screen stating, "Life is Good." So, it must be true. However, it does not state life is great. So good must be good enough.