

What I'd Miss Most If I Lost Them

By Liz Gibbons

There are several abilities I would hate to lose. First is the ability to see color and beauty. If everything appeared to me in black and white there would be more than 50 shades of gray, and I mean this in gradations and not what the popular book by that title implies. Would I still see the beauty in a rose when it was some shade of gray? Would the landscape vistas still have the awesomeness that sometimes overwhelms me with their beauty and uniqueness? I doubt it.

Another ability I would not want to lose is the ability to wonder. Children approach life with a sense of wonder. They find awe and excitement in so many things. As adults we want to control life and want a sense of certainty of how things will progress. We tend to judge instead of accept life as it unfolds. I like to think that I still have some of that childlike wonder. I still am awed by new insights, new experiences and new places visited.

I would not want to lose my ability to question and be curious. I continue to love to learn and discover the truth about numerous topics. When life brings me surprises, I ask myself, "What am I supposed to learn from this situation?" with the hope that such questioning opens the door to my wiser self.

Lastly, I hope I never lose my sense of gratitude, the appreciation for all the big and little things that bless my life. I still marvel at how fortunate I am to be alive at this time of great shifts taking place on earth, chaotic as they seem

Moving to more mundane physical objects I could live without a car or computer, although that would be inconvenient. But life might be more challenging if I did not have pencils or pens with which to make lists, write short notes, or reminders to myself. Cooking would be inconvenienced if I did not have a paring knife. Scissors are convenient for many tasks. It is common everyday items that I use that I would probably miss most if they were not available.

But what I miss most right now is strength and energy. Getting older has had some surprises for me. Until the last year I have been agile and flexible, able to walk fairly fast, and had strength to lift and move quite a few objects. Even when preparing to move to Denver last summer, I packed most of my belongings and was able to move boxes around. My balance was pretty good, although I used a cane when I was away from home as a precautionary measure, due to partial hip replacement surgeries. But in the last few months I have felt unsure on my feet and have experienced a little vertigo at times. It is frustrating when I want to lift something on to a high shelf and even using a step stool I may feel unsure of my ability to do the task. Thankfully I have a very tall son here in Denver who can put items in high places. I believe a lot of these weaknesses can be ameliorated with a dedication to stretching and exercise and a weight lifting program. That is my challenge for the coming months.