

Birthday Reflections

Yesterday (January 29th) was a fantastic day. The weather was hot with a clear blue sky. I took a day off from an otherwise busy work month so prosperity, utility and leisure felt beautifully balanced. I spent the day with my darling Juanita, and had the pleasure of lots of birthday wishes flowing in. I had breakfast at a beach café, enjoyed a massage, and was taken out to dinner. All in all, I had a fantastic day.

The main reflection of my day was how blessed I am in terms of the relationships I have. I have a fantastic wife who is my friend, confidant, fan, and fills so many other fabulous roles. I have friends and family who I enjoy in my life, who I can and do turn to in times of challenge, and from whom I receive unique blessings and gifts because of their presence. The quality of my relationships can also be measured by the progress I have made with some that have been difficult, or how some unexpected difficulties within some of these relationships have been addressed and worked with.

As I look back over the past year it has been one of the toughest, most challenging I have ever experienced, with significant hurdles on a number of fronts that covered various aspects of my identity – father, partner, active and healthy man, and productive contributor to name a few – and for much of the time I had no idea how it could work out positively. I did hold a belief that it would. The key really has been founded in the quality of the relationships I have and trusting that whatever I was



Unrelenting Magnificence - Each day is a new birth

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Abstract

Celebration of blessings, and the impermanence and magical unfolding of life.

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facing I would learn, grow and benefit from, and that I would ultimately thrive.

I am also very aware of the Buddhist concept of impermanence summarised as “and this too will change.” Nothing is permanent. Everything is fleeting. Whether suffering or joy, pain or pleasure, it will change. There are no guarantees about when, how or in which direction change will occur, only that everything will change. At the end of this very wonderful day I get to celebrate that regardless of what yesterday has been, and without knowing what tomorrow brings, I am alive in this moment, and I feel fantastic. How many fantastic moments can I string together through the web of experience that makes up my life? How can frame those moments I don’t enjoy into something I do appreciate and make meaningful, and move them closer to being experienced as fantastic? Can I approach every day in serenity and with appreciation for the fact I have life in me? That is indeed a challenge worth living for.

For more information related to themes in this article, refer to chapter 12 (Appreciating the Fog) of:

Harrison, S. G. (2012). [Appreciate the Fog: Embrace Change with Power and Purpose](#). Auckland, New Zealand: Xlibris Corporation.