The Blessings

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"Believe that life is worth living and your belief will help create the fact." ~ William James

For years I have been randomly saying prayers. The process brings me clarity and seems to slow everything down when life gives me more than I can handle. But lately, I pretty much have given up on performing the ritual of kneeling while praying. It just takes up too much of my energy and nine times out of ten I need assistance to kneel down and get back up. The same goes with praying while standing. I can stand, with help, for about 30 seconds without swaying but that's about it. Then after all that standing I require ten minutes of rest. I needed another option.

My alternative to kneeling and standing is to sit quietly and bow my head. I can do it in my wheelchair or on the ground in the park.

Also, instead of designated times, I say prayers whenever I have a free moment. It can be at anytime, like when waiting in a line or riding in the car. I just close my eyes and say a little prayer.

Unfortunately, in recent years, most of my prayers have been purely selfish. I ask for the same thing every time. I just want to be "normal".

After praying that same prayer nearly everyday, I began to think my efforts were in vain. Now I believe I was missing the lesson.

Every time I wake up and feel great for five minutes, that's my blessing. When I am able to make it to the bathroom without help, that's the blessing.

The small victories are my blessings. A "normal" person doesn't see a blessing in being able to walk alone to get the mail or putting on clothes without help. I now see how special life is and recognize the miracles we perform and take for granted everyday.

I just want to say thank you for the blessings and allowing me to notice them.

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