

Look Down, Not Up (aka No Heads-Up For You!)



Death, war, poverty, illness, insults, burnt marshmallows, to name just a few.

Anyone who has spent time in this world knows, there are always dark clouds lurking around, and no matter how large your umbrella, you're bound to get water on your feet, if not completely soaked from head to toes.

As I have opened the door to my heart and invited in others (anyway they are) in, the talks involved include all subjects. From the person showing their riches for the weekend (Rolexes, gold I-Phone 6, etc...."that's you LS"), to the people in dark places (like bad relationships, broken careers, internal wounds).

During the showering of the negative rain drops (sad stories), I think of the way I approach my bad-times-valleys and how sharing might help you climb out of one.

I used to run on my lunch break. I was on top of the world. A new baby, a good career, life was Grand! Then, I ran slower each day, then jogged, and finally walked.



It was when a large lump on my neck appeared that I figured something was wrong. So, I went to a Dr. and was told "You have something bad. You have less than 6 months to live. We need to open your neck and test"

My response..."heck yes, take what you need!"

Before surgery, I spent about 30 seconds feeling sorry for myself, and then the rest observing others in the world and thought "how dare I feel bad for me".

I was in my mid-20's, had a new baby (2nd one), and was able to see the world (in the military). How could I complain? There are those who lose life after one day, those who have worse physical/mental conditions, and I had no right to complain about **"what I was going to lose"**, but, rather shout **"I was lucky enough to have had**

...!".

After checking, it ended up that they mistook 'cat scratch fever' for something else. I was going to be all right and now sit here typing to you.

I live by my core values of; "you are no better than anyone else, and they are no better than you", "there are always those more unlucky than you", "live true and with compassion".



My hope for those reading, who have been, are, or will come across those dangerous creatures (bad times), and feel the pain that they inflict, is for you to not hold your 'head up high', but, rather 'tilt your head down', look below to those deeper in the valley, who ended up with even bigger monsters, and be thankful you are who you are and what you have had.

At that moment, you can refocus your efforts, brush off the dirty rain water and find the strength to search for brighter (drier) spots.

(special note to those reading: if you see 'me' further down, and I am battling a flock of things with very long nails, please consider climbing down and helping me out, for I will try and do the same for you.)

Doodles I did on this topic...

Pouty Stare Down Competition <http://timeforyourmind.com/davesArt/tfymArtIndex-607.htm>

Picking Choices <http://timeforyourmind.com/davesArt/tfymArtIndex-617.htm>

Singing Flowers <http://timeforyourmind.com/davesArt/tfymArtIndex-621.htm>

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