

Neither Here Nor There

I sometimes think that I'm better off here than I would be there. But I'm not certain. A lot of time has passed since I left there, and I've changed in that time.

I spent 33 years there as a much younger person. I've been back here now for 14 years as a somewhat older person. That matters.

The very shape, hue and texture of reality have also changed. My life is simpler now; not nearly as frantic. I no longer try to be somebody. I know now that I am somebody. That makes everything a lot easier.

I can now watch myself deal with one day at a time; one meal, chore or challenge at a time; and especially one friend at a time. Focused. Committed. Liking myself so much more than I once did. Understanding forgiveness. Fully ready for the next day, challenge or recreation.

Silence is a kind of healing. I look forward now to the next silence. It might be a meditation, a walk in the woods, watching birds on their feeder, or even a walk in the mall. The silences are different. I enjoy them all.

Oh yes, I like visiting there for a few days, but now I like being here. There are many more silences.

Kermit Brown - 2009