

the ONE for whom Life's good

by Guru Mani H

Life's good...right here, right now, everything is just as I want it; my *personal* and *professional* life in total harmony. I wake with a smile on my face, a bounce in my step, and a song in my heart. I go through my day, and at the end, the smile, bounce, and song, are still there.

Life's good...not perfect, not exactly as I want it, but compared with the *past* [that awful past], I really can say in the *present* that life is pretty damn good. Maybe others would look at me now, and from where they stand, they wouldn't use the word 'good' to describe my life, but they have not had my past, so they can't really comment on my present.

Life's good...when compared to others that I see or read about, so I need to stop my moaning about the *negative*, and start focusing on the *positive*, because I really do have so much of it around me.

Life's good...I want to freeze this moment, these outer circumstances, these inner feelings; to press the 'pause' button and make this time in my life, this *one* moment, become *every* moment. I long for this warm summer season to go on for all my days; no changes, just everything as it is now, nothing out of place, all as it should be.

Life's good...not always in how I *feel* about it, but when I take a step back and look at the *facts* - then it most definitely is.

Life's good...the *panic* that was, has now changed into *peace*. The *chaos* that was, has now transformed into *calm* - a sense of relief that my past, for which the word 'bad' did not even come close, has now changed into something good; although again, that word just isn't enough to describe.

Life's good...so awesome that I need to pinch myself to know it's not all a dream, that this is real and not a fantasy; to know it's happening to me, that this really is *my* life and not just *someone else's*, or a sci-fi movie parallel universe thing.

Life's good...for which I most certainly have a sense of thankfulness and appreciation. I *don't* take it for granted because it hasn't always been this way, and I *won't* keep my blessing to myself but let it overflow to those close to me; those I love so dearly.

Life's good...which *doesn't* mean I'm going to rub salt in the wounds for those who have a different experience, but *does* mean that I'll repay the universe for what it's given to me.

Life's *been* good...this brief time on planet earth, given to me by fate, or a god, or chance [I haven't yet decided which]. I'm looking back on a long life, which I'm certainly not pretending has been good in every moment, as there's been hurt and pain, shock and sadness, loss and grief, failure and disappointment; but, and it's a BIG BUT, those moments *came* and *went*. Taking all my years as a whole, choosing the word that best fits the life that fate, or a god, or chance [still undecided!] has given me, I'd have to use the word 'good'. Yes, my experience is that...**life's been GOOD.**