

# Looking at the past

There are times I spend contemplating the past. I've done this most of my life. Quiet reflection on the things I've done, the things I've seen others do, what I could change, what I can't. Pondering the what ifs in life.

Then things happen, and I stopped doing this for a time. Contemplating the past was, to say the least, painful. Too many things happened in too short of time. The what ifs in life were overwhelming.

It took a long time to get to the point when I could look backwards without dwelling on those what ifs. But recently the what ifs have crept their way back in. As I've mentioned before, I think it has something to do with the turning of the calendar, but also with the weather this year. There were days in 2003, late October, early November when I was taking Sarah to this Doctor or that specialist that were unseasonably warm. Nobody knew what was wrong. The weather later turned cold, as Novembers will, and the bottom dropped out. A week before Thanksgiving we knew it was cancer. That date, that day is in a few short weeks. Sobering thought that. As with the early months of 2004, I now wonder what if.

Writing this help to clear my mind, as I so aptly put on my page header. The what ifs aren't so pressing. A futile wandering of a tired mind, that sorely misses its best part and partner.