My mother’s fear. She always said to her children, friends and co-workers that her fear was that she would e left alone in an elderly care home.

I use to think that was a crazy thought and so I dismissed it by saying

‘ Oh yes, I am going to put you in one and leave you there, ha-ha”. Of course, immediately after the joke I would tell her that I would never allow her to live away from her owned home unless I moved her in with me and my husband in our home. But she still always contended that she feared that her family would one day leave her in a nursing home.

Years later as she started her decline, my oldest brother moved in with her and cared for her until she got increasing ill. I took her to the hospital during that final period to hoping that she would get some needed fluids and return back to her home.

Unfortunately, the hospital staff saw more complications and sent her to the ICU area of the hospital. She had tubes running in and out and before we knew it she was laying flat on her back with a respirator down her throat controlling her breathing. This went on for about two weeks.

We visited during visiting hours but she was left alone with the hospital staff most of the time until she slept away.

I sometimes think that her fear sort of came to pass. She had two weeks away from her familiar surroundings and even though it was a hospital, in her mind it could have been a lifetime of laying flat in a nursing home away from her family.

What was going to happen was going to happen. I have learned from this situation that we need not worry ourselves with what may happen later on during our lives. We must enjoy and see ourselves with our blessing right now. Tomorrow will take care of itself.

If we acquire the skills to see peace in what we experience then when that time comes then we can walk through it with the goodness that we have learned to take with us in every situation.

That is what I hope for her and her last experiences. I hope that she could smile inwardly and know that her family loved her and that she had an inner peace.

That is what I hope for in all of us. Peace wins over fear all the time. We should choose peace.

“Fear not, for I am with you even until the ends of this world”.