

Remembering Memorial Day

Posted by [Glenda Bundy](#)

26 May 2017 10:50 PM

I volunteer at a Senior Center where I provide guided Meditation. Often the session ends with seniors sharing what they experienced during the meditation session. There is one shared experience that I'm reminded off as we approach the Memorial Day weekend.

Towards the end of the meditation practice I instruct the seniors to open their eyes when they're ready. Mrs. Ruby (not her real name) about 89 years old, opened her usually bright eyes and immediately began to laugh. We all turned to look in her direction as her laugh grew louder and louder. By now she was rhythmically tapping her feet on the wheelchair footrest, mind you she can't walk.

Suddenly the laughter turned to wailing. With tears streaming down her face she began to speak. Initially it was difficult to understand what she was saying and I reminded her that she didn't have to share her story. She insisted and expressed the moment was vivid, "he was right here" she said. Mrs. Ruby shared that her husband served in World War II. He was scheduled to come home one spring yet didn't make it. She stopped receiving letters from him and began to fear the worst. Out of blue, one evening he showed up. She opened the front door, he pulled her outside, and they began to dance. Mrs. Ruby said they danced until her feet began to hurt. She talked about how much she loved him, missed him and how well he took care of her. She expressed being grateful to have the opportunity to relive that moment.

As we give thanks and remember those that died in active military service, remember to show compassion and extend your hearts to the loved ones of loss veterans.

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