

Alison's reflection 26/10/10

Life is a fragile thing and we should appreciate it and make the most out of it because all we know is this instant and the past. The next second might be our last and the future a mystery. Live in the now, the moment.

I believe that Aidan achieved this mostly in his life. He fell down a few times but Aliesha or I caught him and settled him back on his path. Aidan and I often discussed life, the why?... and my catch phrase these past few months has been...while there is breath there is hope.

We can all dwell on the negative or find fault with everything. It takes an effort to wake up every day and look for the beauty around you. To lift your eyes off the ground and to remember to look up and be in awe of the sky. To salute a sunrise, a moonrise or to toast a sunset.

We as humans look for patterns and affirm our life by them but Aidan never did this. He never considered himself a percentage or a statistic tackling each day as it came upon him.

I am his mother and I'm biased by his gentleness of soul and spirit which knew no bounds. His life is an example and perhaps he lived to teach us around him to rejoice, to celebrate, to have empathy, not to be scared of life, to have compassion, to not be judgemental but to live, each and every moment.

I have recently been told that Aidan came to teach us harmony and had bliss in his heart.

Too many of us have a bad day, cannot get out of bed, lack direction, feel overwhelmed, are bored with life, see no joy in being alive and complain bitterly.

Stop for a moment and think of others like Aidan who would give anything to live another day. The hospitals are full of sick people, people who suffer, are desperate, who are in pain. They would swop a minute of their day for yours.

After Laila died my brother Geoff said to me that there are people worse off than me. For awhile I thought bloody hell this is my life, my pain, my loss but it's true. There is always someone worse off than you. And that is worth considering as it creates a kindness within, an acceptance of life.

So, when you are next having a bad hair day think of Aidan and remember that he will swop with you anytime. I hope that by turning inward the realisation that ...there by the Grace of God go I...will allow you to find your balance and be your springboard upwards and onwards.

I would never have survived this far

if I did not replace negative thoughts for positive ones,

if I did not welcome the sunrise with gladness in my heart

if I did not see goodness in the people around me

if I did not bathe in the moonlight

if I did not rejoice everyminute of Aidan's life

If I had not loved him so completely

If i had not communicated so honestly with him

If I had not asked him to build a bridge between this life and hereafter so that we can find each other easily

I bless you all for being on this journey with Aidan and I truly hope that some of his courage, sense of humour, love and laughter has touched you all.

I thank my lucky stars for giving me Aidan and through him my now extended family and friends.

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Take each day as it dawns

Enjoy and love those around you

Smile and live life.

Love

Alison