

A FULL LIFE  
October 16, 2010

A Full Life—  
Is it full only at the end,  
Or is it full at every juncture?  
What does Full mean?  
Does it mean Complete,  
Or does it mean,  
Perhaps,  
As Winnicott might have said,  
“Full Enough?” . . .

What is A Full Life?  
I suggest to you that  
It is one  
That will feel more Full  
At the end of this hour  
Than it does now, at the beginning.  
I suggest that Fullness is an experience  
That happens in the present moment—  
Not Yesterday and not Tomorrow.  
Living Fully happens Now.  
I suggest that  
Life Itself is Unconditionally Full,  
And that the issue is  
One of our capacity and willingness  
To apprehend and embrace this simple fact.

All of these Suggestions, however,  
Are mere conjectures:  
Finger paintings . . . Gestures,  
Attempts of a feeble hand  
To grasp air and water.  
Far better just to breath and drink.  
And, of course, to celebrate.  
Let's do that, personally, and full and open hearts;  
Let's go do that together, NOW.

--Charles W. Styron