

It's Not What We Bring But What We Leave Behind

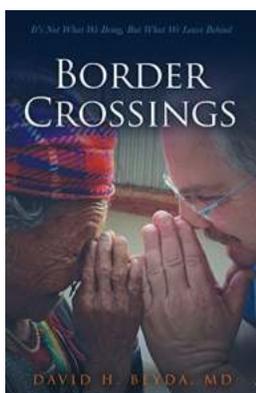


Have you ever stopped to consider the impact you have on the world? Often, we are so consumed with what we can acquire, achieve or possess during our lifetime that we forget about the lasting legacy we leave behind. It's not about the material possessions we bring with us on our journey, but rather about the positive impact we can have on the lives of others.

The Power of Leaving a Legacy

When we think of leaving a legacy, we often associate it with famous figures throughout history - individuals who have left an indelible mark on the world. However, leaving a legacy doesn't mean that you have to be a renowned

historical figure or a millionaire philanthropist. It simply means making a difference in the lives of those around us, no matter how small or large.



Border Crossings: It's Not What We Bring, But What We Leave Behind by David H. Beyda MD (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English
File size : 3698 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Screen Reader : Supported
Print length : 280 pages



Think about the people who have made a lasting impact on your life. Was it their material possessions that left a mark on you, or was it the way they treated you, the knowledge they shared, or the kindness they showed? It's the intangible qualities that often have the most profound effect on others.

Leaving Behind a Trail of Kindness

One of the most powerful ways to leave a positive impact on the world is through acts of kindness. A simple gesture, a kind word, or a helping hand can make all the difference in someone's life. It's about spreading positivity and compassion in a world that often seems cold and indifferent.

Imagine a world where everyone made an effort to be kind and to help others. The ripple effect would be astounding. Acts of kindness have the power to inspire and uplift not only the recipient but also those who witness them. These acts have the potential to create a chain reaction, inspiring others to pay it forward and create a better world.

Sharing Knowledge and Wisdom

Another powerful way to leave a lasting legacy is by sharing knowledge and wisdom with others. Throughout our lives, we accumulate experiences, expertise, and insights that can benefit those around us. By sharing this knowledge, we have the opportunity to shape the lives of others in a positive way.

Whether it's through mentorship, teaching, or simply engaging in meaningful conversations, sharing knowledge allows us to leave behind something far more valuable than material possessions - we leave behind a part of ourselves. This exchange of knowledge can spark ideas, inspire creativity, and empower others to reach their full potential.

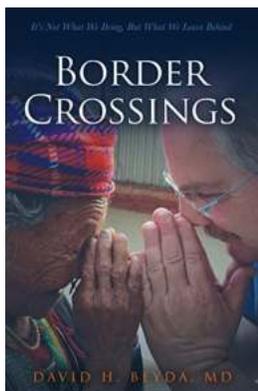
Environmental Impact

Leaving a positive impact on the world also extends to our environment. With increasing awareness of climate change and the importance of sustainability, it's crucial to consider our ecological footprint. By adopting eco-friendly practices, promoting conservation, and supporting initiatives that protect our natural resources, we can ensure a better future for generations to come.

Reducing waste, conserving energy, and making environmentally-conscious choices in our daily lives are all ways in which we can leave a lasting positive impact on our planet.

As we navigate through life, it's essential to remember that our legacy is not determined by what we bring with us, but rather by what we leave behind. Acts of kindness, sharing knowledge and wisdom, and considering our environmental impact are all ways in which we can leave a lasting positive legacy.

So, take a moment to reflect on the impact you want to have on the world. Consider the ways in which you can make a difference, no matter how small or large. Remember, it's not about the possessions we accumulate, but rather about the lives we touch and the positive change we bring.



Border Crossings: It's Not What We Bring, But What We Leave Behind by David H. Beyda MD (Kindle Edition)

★★★★☆ 4.8 out of 5

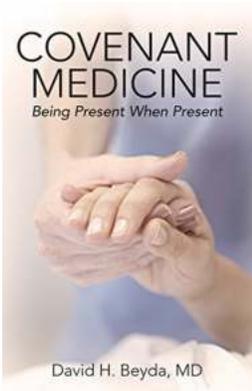
Language : English
File size : 3698 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Screen Reader : Supported
Print length : 280 pages



Border Crossings is the compelling story of Dr. David Beyda’s medical mission trips to Cambodia, Kenya, the Dominican Republic, Swaziland, and Gaza—to give aid to the forgotten children and adults who receive little or no medical attention or nutrition. The book contains dozens of moving stories that put faces on those desperate for healing, as well as recognition of their basic human rights. Meet Samnang, a young Cambodian girl who fell from a motorbike and sustained broken wrists, only to have her arms amputated because her family had no money for routine medical care. And there is Pastor, a minister in the Dominican Republic who dies just moments before a taxi ride to the hospital for treatment of the leg pain and heart condition he endured for years. Each story provides an intimate portrait of people like Samnang and Pastor, together with Dr. Beyda’s reflections on the lessons he has learned about caring for the most wretched among us. Dr. Beyda also provides more than medical attention on these mission trips. He and his team give “covenant care,” ministering to the needs of the entire

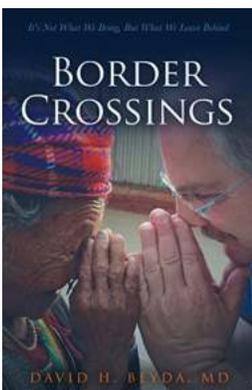
person and his or her quality of life. In Dr. Beyda's faith-based ministry, he offers counseling and prayer for every man, woman, and child he sees, entrusting his patients to the love and compassion of the God who has directed his own steps since he was a young child. It's not what we bring... It's what we leave behind.

About the Author: Dr. David H. Beyda is Division Chief of Critical Care Medicine at Phoenix Children's Hospital and serves as Chairman of the Bioethics Committee. He is Chair and Professor of the Department of Bioethics and Medical Humanism at the University of Arizona College of Medicine – Phoenix and Professor of Pediatrics. He has received the Society of Critical Care Medicine's Annual Scientific Award, the J. Kipp Charlton Humanitarian Award for Community Service, and a Rocky Mountain Emmy Award. He received Humanitarian Awards from the Arizona Business Journal and the Arizona Business Magazine, as well as the Humanitarian Award from the Arizona American.



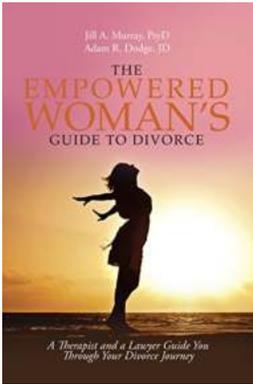
Covenant Medicine: Being Present When Present

In a fast-paced world where time seems to slip through our fingers, healthcare providers at Covenant Medicine continue to redefine the meaning of being...



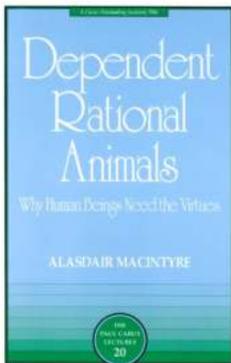
It's Not What We Bring But What We Leave Behind

Have you ever stopped to consider the impact you have on the world? Often, we are so consumed with what we can acquire, achieve or possess during our lifetime...



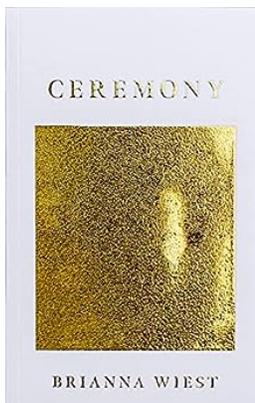
Therapist And Lawyer Guide You Through Your Divorce Journey

In today's world, navigating the complexities of divorce can be an emotionally draining and overwhelming experience. Making decisions that will affect your future,...



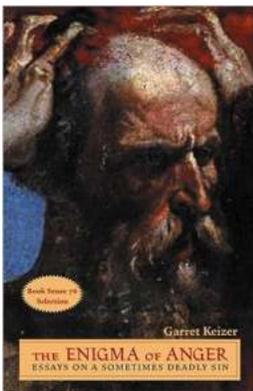
Why Human Beings Need The Virtues: The Paul Carus Lectures

In our complex and fast-paced modern world, the discussion about human ethics and moral values is more important than ever. The Paul Carus Lectures, named after...



Ceremony Brianna Wiest - A Life-Changing Experience Worth Remembering

Are you ready to embark on a transformative journey? Look no further than Ceremony Brianna Wiest - an event that promises to leave a lasting impact on your life! This...



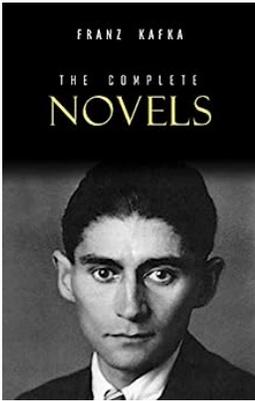
The Enigma Of Anger: Unveiling the Science and Psychology behind this Powerful Emotion

Anger is a universal emotion that we all experience from time to time. It can range from a fleeting irritation to an overwhelming rage, and it has the power to...



Discover the Enchanting Beauty of Cherry Blossoms in Hozenji Chome Park

Celebrate Spring with the Captivating Charm of Cherry Blossoms Spring is a time of renewal and blooming beauty, and few sights capture the essence of this season...



Franz Kafka: The Complete Novels - Unveiling the Depths of Existentialism

Welcome to the mesmerizing world of Franz Kafka, a genius of existential literature. In this article, we delve deep into his thought-provoking novels...