

When My Time Comes: Embracing the Inevitable


**“A Journey toward
Acceptance and Love”**

by GREG CHAPMAN

an essay from

**THIS I
BELIEVE**

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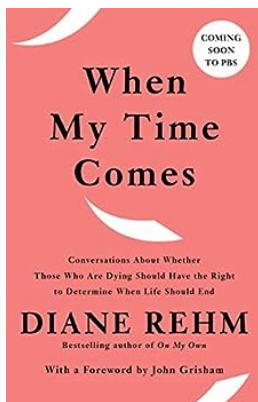
: A Journey Towards Acceptance

Life is a beautiful gift that we cherish, for we never truly know how long we have in this world. While it is natural to fear death and cling onto life, it is equally

important to embrace the inevitable. In this article, we explore the concept of "When My Time Comes" - a phrase that encapsulates the idea of accepting mortality and making the most of the time we have.

The Significance of Contemplating Mortality

When faced with the notion of our own mortality, many of us tend to shy away or dismiss the thought. It is uncomfortable to confront the fact that our time on Earth is finite. However, contemplating mortality can lead to profound self-reflection and introspection.



When My Time Comes: Conversations About Whether Those Who Are Dying Should Have the Right to Determine When Life Should End

by Diane Rehm (Kindle Edition)

★★★★☆ 4.7 out of 5

- Language : English
- File size : 1747 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 233 pages



Understanding that life is limited encourages us to make the most of every moment, pursuing our passions, and embracing experiences that bring us joy and fulfillment. It reminds us to prioritize relationships and create meaningful connections, for these connections will ultimately be what we carry with us when our time comes.

A Lesson in Letting Go

Embracing our mortality teaches us the art of letting go. We often hold onto grudges, regrets, and missed opportunities, but realizing that our time is limited can provide the perspective needed to release these burdens. Letting go allows us to focus on what truly matters, enabling personal growth and the ability to forge ahead with newfound clarity.

When we accept that our time will eventually come, the trivial worries that once consumed us fade away. We learn to embrace the present moment, finding joy in the simple pleasures of life, and focusing on what brings us true happiness.

Overcoming the Fear of Death

The fear of death is ingrained in human nature, and it is entirely natural to feel apprehensive about what lies beyond our existence. However, dwelling on this fear can prevent us from fully living. Making peace with death allows us to approach life with a sense of freedom and fearlessness.

When we confront our fears and acknowledge that death is an inevitable part of the human experience, we can channel our energy into making the most of our time on Earth. It inspires us to take risks, embrace new experiences, and live life on our own terms.

Legacy and the Power of Stories

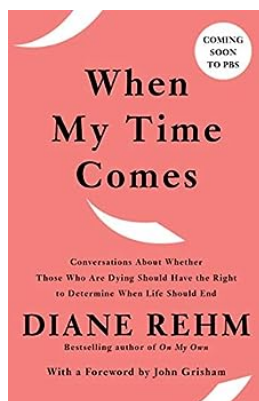
As we come to terms with our own mortality, we begin to contemplate the legacy we leave behind. We realize that our impact on the world goes beyond our physical presence and extends into the memories we create and the stories we leave behind.

Sharing our stories and experiences can be a powerful way to connect with others, fostering a sense of understanding, empathy, and inspiration. Our stories have the potential to live on, shaping the lives of future generations and leaving an indelible mark on the world.

: **When My Time Comes**

Embracing the concept of "When My Time Comes" is not about dwelling on death but rather about acknowledging our limited time on Earth and embracing the journey that brings us joy and fulfillment. It is about making the most of every moment, prioritizing relationships, letting go of unnecessary burdens, and creating a legacy through our stories and experiences.

When we accept our mortality, we open ourselves up to a life of authenticity, purpose, and fearlessness. So, reflect on the phrase "When My Time Comes" and let it serve as a reminder to live your life to the fullest, cherishing each moment as a precious gift.



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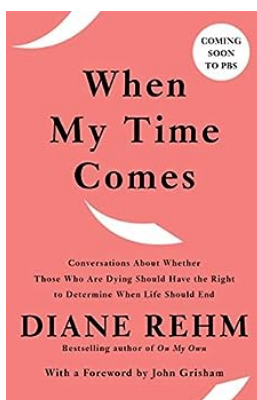
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The renowned radio host and one of the most trusted voices in the nation candidly and compassionately addresses the hotly contested right-to-die movement, of which she is one of our most inspiring champions. The basis for the acclaimed PBS series.

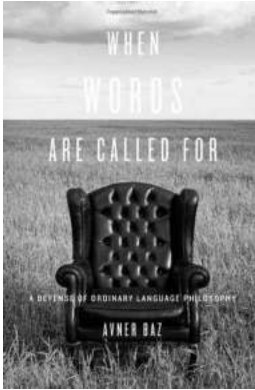
Through interviews with terminally ill patients and their relatives, as well as physicians, ethicists, religious leaders, and representatives of both those who support and vigorously oppose this urgent movement, Rehm gives voice to a broad range of people personally linked to the realities of medical aid in dying. With characteristic evenhandedness, she provides the full context for this highly divisive issue and presents the fervent arguments—both for and against—that are propelling the current debate: Should we adopt laws allowing those who are dying to put an end to their suffering?

Featuring a deeply personal foreword by John Grisham, *When My Time Comes* is a response to many misconceptions and misrepresentations of end-of-life care. It is a call to action—and to conscience—and it is an attempt to heal and soothe, reminding us that death, too, is an integral part of life.



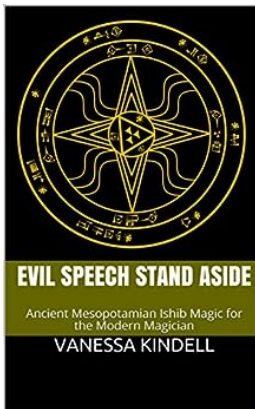
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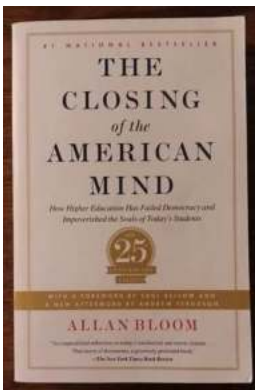
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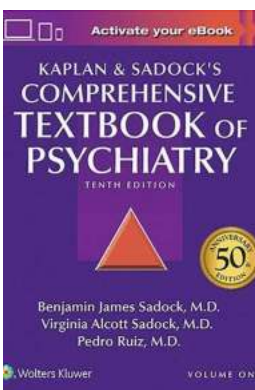
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