Hepatitis C and the Universe

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So to describe myself in a scientific way, I must also describe my surroundings, which is a clumsy way of getting around to the realization that you are the entire universe. ~ Alan Watts

I balked when first introduced to the concept that I was the entire universe. Not only was it a ridiculous notion, it seemed egotistical and delusional. (Hepatitis C is bad enough to have without being delusional.) That is until I realized it was the exact opposite. If I am the entire universe, then I am invited to enter into a consciousness and kinship that I would not experience if I thought that the universe was comprised only of disconnected entities, me being one of these.

Taking this concept further, you are not merely the entire universe--you and the hepatitis C that lives in you are the entire universe. Like it or not, that pesky virus lives in your liver, and as long as hepatitis C is there, then it is part of your world. Hepatitis C is like having relatives in the family who you don't particularly like, but they are kin and they show up for family functions. It is easier to accept them than it is to focus on how squeamish you feel every time you see or think of them.

However, unlike annoying relatives, you are not stuck with hepatitis C forever. There is treatment for it now, and the promise of easier treatments on the horizon. When it is time, you can invite hepatitis C to move on, leaving your universe beautifully intact.

(This post first appeared at LucindaPorterRN.com)

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