Hepatitis C and Harmony

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“The harmony of life can be learned in the same way as the harmony of music...Any pain or suffering is a preparation, and just as one must first tune a violin to play it, the heart must be tuned in order to express wisdom.” ~ Hazrat Inayat Khan

When I was diagnosed with hepatitis C, all I saw was hepatitis C. I forgot I had a heart, a brain, kidneys, and all the other parts of me. In time I learned that by focusing onthe hep C, I neglected the rest of myself.

Living well with hepatitis C, is an invitation to live a harmonious life. This means being well, physically, emotionally, and spiritually. Being well is a continual practice. Just as a musician must retune his or her instrument before making beautiful music, so must I tune into my body’s needs before I can bring my health into harmony.

Sometimes I feel out of step with life, and my figurative violin is not only out of tune, I am playing different music than I had intended. If I am suffering, I am usually motivated to realign myself. However when I am just a little off, slightly overworked, or on the edge of overwhelm, it is easier to ignore the fact that I am off key. Rather than wait for this to develop into pain and a more obvious indicator to retune myself, I just make tuning a regular practice.

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