Making Peace with Hepatitis C

January 21, 2013 By Lucinda K. Porter RN

Tragedy stays alive by feeling what's been done to us, while peace comes alive by living with the result. ~ Mark Nepo, *The Book of Awakening*

Sometimes the weight of having hepatitis C feels worse than what the virus may actually be doing. It is like living under relentless attack of yellow jackets, roaches, or some sort of hideous creepy crawly things such as bed bugs that you can't seem to get rid of, but you so desperately can't tolerate. Some describe it as "fighting a dragon."

What happened to me was I got tired of the fight, of watching my energy spiraling down a drain, rather than lifting me up. I realized that having hepatitis C and fighting it was far worse than having hepatitis C and not fighting it. So, I stopped fighting the truth, and peace slipped in like a gentle breeze, and I got my life back. It is much better this way.

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