

Roll the Stone Away

By Daisy Saunders

A reason, a season, a lifetime....

Some people come into our lives and leave almost instantly, leaving a lasting impression. Others come and stay for a short time. And, some come and stay forever.

Those who come for a short time (a *season*) are there to help us change or grow; to navigate through some transitional period. But when the season has passed, they move out of our lives or fade from view. Some come for a *reason*. They come to teach us something, to guide us, to help us determine what we want, or don't want.

Sometimes, people are a part of our lives for our entire life. Though they may not be healthy enough to occupy a front row seat in our lives, for whatever reason, there are there to stay. This group may include parents, siblings, spouses and long-term friends. They are the *lifetimers*.

Whatever the reasons they are in our lives, the challenge is to determine who fits where, and for how long. And, knowing when to let go. We try to hang on to people whose season in our lives has passed or who've fulfilled the reason or purpose for which they were brought into our lives. When the season is over, whether it lasted for a week or two or many years, it's time to let go. Often we know that the season is over, but we don't want to let go. Even when the relationship is toxic and interferes with our health and well-being, we sometimes try to hang on.

Letting go can be difficult, especially if it's a lifetimer. However, if the lifetimer interferes with our health and well-being, we must find the strength to let go. This doesn't mean that we cut that person completely out of our lives. It means that we are to make sure that the person doesn't occupy a front row seat in our lives. Years ago, my minister addressed the issue of toxic lifetimers in a sermon entitled, "*Roll the Stone Away*". The essence of the sermon was that whoever is holding you back – whether it's your mother, father, spouse, sister, or best friend – is a stone, and you have to "roll the stone away."

Finally, failure to rid ourselves of these heavy stones (toxic people) will ultimately result in the stones weighing us down, wrecking havoc in our lives. These stones become a burden and a drain, not adding anything to our lives, but taking time and energy and, if we're not careful, rolling over and crushing our dreams.

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