

The “-ber” months are here!

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IT'S THE SMALL THINGS

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Yep, that’s right! It’s September first today. The “-ber” months are officially upon us, and a Christmas carol or two may have already played on the radio. After all, we Pinoys are known for celebrating the longest holiday season. With all the merriment and the frenzy, the pandemonium is often heightened by the surge in traffic, number of events to attend, expenses, work, you name it, the list goes on. Suffice to say, for some, the start of the “-ber” months signify stress, and is an automatic buzzer for panic. For others, it is something they look forward to because the holiday season undeniably brings about a whiff of positivity and fresh air (amidst all the chaos it causes, that usually is). For me, the first of September signals my birthday month, and is oftentimes, the beginning of my four-day birthday countdown.

This usually also means reflecting on the year that’s been, and setting new goals for the year to come. It also means the perfect excuse to get together with friends till wee hours of the morning, feast over some good food and celebrate the blessing of another year before the last quarter pandemonium takes over. Regardless of how one chooses to, birthdays for me should always be celebrated as they are a reminder to give thanks. Every year is a milestone – an opportunity to start anew and/or to continue on the path we have chosen to take. Every year is another chapter to our story – another three hundred sixty-five rounds around the sun – of challenges, prized and faulty decisions alike. And though there are some decisions we might regret along the way, we must learn to look back at them, build on them, and see them as lessons for us to learn from in the years to come.

And that, I've come to realize, is what our elders mean when they say we grow wiser through the years. Ironically, there really is no better place to learn than outside the classroom, in the school of life. Through every twist, and every turn, we learn how to discern and better use our judgment. We learn to give our trust only to those who truly merit it. We learn that the most essential things in life are indeed priceless, and more often than not, come in the most intangible forms – through love, loyalty, and genuine friendship. We learn not to take the basic rules in life for granted, because they truly are some of the most admirable traits capable of making a difference in the way we perceive others, and in how others, in turn, see us.

So as the “-ber” months descend upon us, let's try not to overwhelm ourselves. Instead, let us bask in the blessing that is being busy, and make sure that we are living our lives in the productive and fruitful way we are hoping to. Let us not forget to aspire to be a blessing to others in the process, and as we get through the last quarter of this year, think of a way to be able to give back to the greater good – in whatever capacity is most comfortable, and closest to your heart. Because for as long as the spirit of giving lives on in our hearts, we perpetuate the cycle of spreading the love.

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