BEHIND THE DOOR

Have you ever had a moment where the world around you comes into focus, where it all makes sense? I recently experienced a moment of clarity in of all places a restroom. Granted, restrooms are a great place for soul searching, but this was different, this was not a thought, it was moment in time.

Here is the back story, I had completed my Rock Steady Boxing class and decided to make a pit stop in the little boys room before taking off. As I closed the door I noticed something I was completely oblivious to moments earlier, the sound of voices. Not just any voices, they were voices of my fellow boxers, their wives/husbands and caretakers. What did I hear, there were words of encouragement, discussions on how hard the workout was, and a lot of questions on who was going to the party at Bill and Cris’s that night, but most of all I heard laughing.

 It was a strange feeling knowing that when I stood among my peers, I heard next to nothing, but after I shut the door I heard it all. It was not what was said that was striking to me, it was the fact that those speaking behind the door could be anyone, you would have never guessed in a thousand years these voices belonged to people whose lives have been effected by Parkinson’s. People understand very little about the struggles we face emotionally, the fight to feel “normal” is a battle we face daily, but these people were winning the battle.

 I thought about how people see us (people with Parkinson’s) in public, the tremors, the involuntary body movements, and the struggle to perform simple tasks, it draws sympathy I am sure, but little understanding of who and what we are. But what if they shut the door and all they heard was our voice, what picture would their mind draw? Would they picture a healthy person completing their workout at the gym, or would they picture someone training for the fight of their life, probably the former I would think.

The interaction I heard behind that door is why we fight so hard, those moments where all is right in the world, that’s what we fight for, to be normal no matter what that may be at any given time, that’s what we fight for. And how do we know if we are winning, the answer lies behind the door, just listen.