

How Are You Today?

When I am asked, as we all often are,

“How are you today?”

or

“How are you doing?”

I most frequently toss off something as dismissive as,

“I am well, thank-you.”

Or, a bit more inanely,

“If I were any better, there would have to be two of me!”

Or, even worse,

“Whatever hasn’t dried up now leaks!”

Should I attempt to wax philosophic, I might say something like,

“As well as can be expected, for a fellow at my age and stage.”

If I am inclined to speak in Ukrainian, I might respond with,

“Так по трошка!”

or

“Рік за роком, крок за кроком!”

This serves well enough for polite conversation, but, in fact, when I consider how I truly am, especially in my reflective moods, I must admit to feeling myself to be spiritually incomplete. This is not intended to give the impression that I spend my days wandering about contemplating my spirituality or, rather, lack thereof; but it is troubling to me that I seem to lack a completeness in my relationship with my universe, and I tend to grill myself on the subject.