

## As I Approach "My Table"

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### Description

As I approach "my table," it stands as a silent witness to the countless emotions that unfold within the realm of hospice. Each day, as a physician in this sacred space, I am greeted by a tableau of emotions that dance across its surface, leaving traces of sorrow, resilience and compassion in their wake.

Upon my table, there sits a box of tissues, perpetually in short supply, a testament to the tears shed by patients, families and even myself. The table bears the weight of sorrow, as loved one's grapple with the impending loss of a cherished soul. It's a place where social isolation and discrimination cast their shadow, reminding me of the systemic barriers that compound suffering at life's end.

Every day, ethical dilemmas dance across the surface of my table, leaving a trail of uncertainty and moral reckoning in their wake. Should I prioritize pain relief over prolonging life? How do I navigate conflicting wishes and beliefs within families? These questions linger, like fingerprints on glass, leaving indelible marks on my conscience.

Regrets and guilt find their home on my table, nestled among medical charts and care plans. Families agonize over decisions made or left unmade, while caregivers grapple with the weight of responsibility and the specter of "what ifs." Their emotions, like whispers in the air, echo in the corners of my mind, reminding me of the fragility of life and the power of forgiveness.

But amidst the sorrow and turmoil, there are moments of grace that adorn my table like flowers in a barren landscape. It's where laughter mingles with tears as patients reminisce about cherished memories, where love transcends pain and where the beauty of human connection shines brightest in the darkest of times.

And then, there are the declarations of death, moments etched into the very fabric of my being. With trembling hands and heavy hearts, caregivers stand beside me as we bear witness to life's final breath. The table, now adorned with the weight of a soul's passing, becomes a sacred altar, a place of reverence and remembrance.

The phrase "As I Approach 'My Table'" evokes a powerful metaphor for personal reflection, growth, and the intimate space we create for ourselves in life. A table often symbolizes a place where we gather thoughts, share experiences, and make decisions. It could represent a physical space in one's home like a kitchen or office table or something more abstract, such as the personal space we carve out for introspection, creativity, or ambition.

For many, "my table" may hold different meanings depending on their stage in life. It could be where family meals are shared, where work or study takes place, or where personal victories and failures are processed. As we approach it, we are preparing to confront or reflect upon the experiences, relationships, and challenges that have shaped us. In this context, the act of approaching one's table becomes a form of anticipation a moment to gather thoughts, decide what to engage with, or prioritize what truly matters.

This concept can also highlight themes of empowerment and ownership. "My table" suggests an active participation in one's environment and decisions. It implies that the individual has chosen or created their space, whether physically or emotionally, and that approaching it is a moment of self-awareness and empowerment. Whether you are about to engage in a deep conversation, take on a new challenge, or sit down with the quiet of your own thoughts, the table becomes a place of choice and meaning.

Ultimately, "As I Approach 'My Table'" represents a pivotal moment of connection with oneself and the world, a space where reflection, decision-making, and personal meaning converge, offering opportunities for growth and clarity.

### Conclusion

My table is more than just a piece of furniture; it's a reflection of the human experience in all its complexity and beauty. It's a sanctuary where emotions run deep, where empathy reigns supreme and where the journey of life finds its ultimate expression in the gentle embrace of death.

Exploration of end-of-life care and the balance between quality of life and medical intervention resonates with the article's focus on the physician's ethical decisions and the human connection in hospice care.

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**Received:** 12-Jul-2024, Manuscript No. JPCM-24-141491; **Editor assigned:** 15-Jul-2024, PreQC No. JPCM-24-141491 (PQ); **Reviewed:** 30-Jul-2024, QC No. JPCM-24-141491; **Revised:** 11-Dec-2025, Manuscript No. JPCM-24-141491 (R); **Published:** 18-Dec-2025, DOI: 10.4172/2165-7386.1000777

**Citation:** Vujjini KR (2025) As I Approach "My Table". J Palliat Care Med 15: 777.

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