

GREAT START – October 23, 2007

A meditation by Liesl Garner

"Do not ask what the world needs. Instead, ask what makes you come alive. Because what the world needs is more people who have come alive."

--Thurmond Whitman

I am learning to see this played out in house work, office work, and motherhood as well. If I worry about what I think the house needs, or what is the most visible thing I can clean to impress people, I will always have a list of things to do. If I decide what makes me glow inwardly – what makes me come alive about my house – doing that part of cleaning will feel joyful and not even seem like work. I've recently started looking at my house this way – finding the things about it that make me really happy – and it seems cleaner than it ever has been with less energy expended than ever before. Perhaps I've lost my mind – but thinking of it joyfully and in the sense of what makes me come alive has changed my whole perspective!

My office got an overhaul as well to organize and un-clutter, because I wanted to be able to be simple about my work – to go about the tasks that were important in a meaningful way that could be done quickly. My desk has never been neater, and I don't need to be there all day to get things done.

Motherhood is tricky! It seems to change with every day – so I hesitate to come across like I'm learning anything. As soon as I figure something out about mothering, the kids go into a different phase and I'm new at it all over again. But, one thing I realized recently was that both my parents are workaholics. I remember my mother always working – always cleaning – always preparing and organizing, and straightening and putting away and scrubbing and sighing a lot. A mother's work is never done – I understand this – but is that how I want my kids to see me? Is it so important for them to understand how much work this is? Wouldn't it be better for me to thoroughly apply myself to learning to relax, to take deep breaths and laugh out loud with my kids on a regular basis, to wrestle and snuggle and shower with affection, and to be alive and well around my kids instead of always huffing and puffing about something? Couldn't we get the homework done, and the needed work performed even better perhaps – if we were joyful and alive about it? I want to free myself of my task oriented outlook – I want to experience fun without having to put it on a To Do List.

That quote again...

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