

Redefining Moments

Sometimes in life there are defining moments, however these defining moments don't always jump up and down and call themselves that until long after they have come and gone. Yet they are important as they are defining (or redefining) moments after all.

I can remember a day... I was sitting at my desk in a house I used to live in, the sun streaming in the corner windows brightening up my office space with the rich hues of spring light. Fussing about on my computer I was contemplating the question –'Why isn't my life working?' At the time I had no idea what my life would look like if it was working so I had no idea what answer could possibly come to me.

I was really focused on what I didn't want that day. Way over weight and using insulin, in a relationship that had long grown past anything useful or anything even resembling love, tons of work to do that didn't pay even minimum wage, yadda, yadda, yadda – woe is me...



I finally reached a point of frustration that left me feeling rather fed up and not wanting to even look at the piles of work on my desk and so I resorted to a tried and true method of getting my mind off my problems – I went to play my current favorite computer game. (This stunt was performed by a professional; please don't try this at work as it may cause injury to present reality!)

At some point, as I was killing some gruesome beast with some deadly weapon, a strange thought crossed my mind. This thought was so profound and so far removed from where I was and what I was thinking that (once I realized what it was) it was totally clear that it was a gift and a message from the universe/God.

The message was, 'I need to stop looking at my life as individual compartmented pieces and start to see it as a whole.'

And I had no idea what it meant. That happened in mid-April 1998.

As I contemplated that idea I began so see that I did hold my life as separate pieces. I had my family life that looked one way to me and my work life that looked another way. There was my spiritual life, home life, social life, the part of my life where I addressed health issues and my finances. You get the idea; each of these (and many more) was

held as separate and individual parts of me and I kept each piece at arms length from one another. This message was inviting me to redefine how I saw life in general.

The one part that seemed the most disconnected from the other parts of me was my spiritual life and so it seemed the most obvious as I pondered this new idea. I always felt like my spiritual beliefs set me so far outside what (I believed) was normal that I had literally and deliberately tucked that part of myself away in a lead lined box and barred it up tight. That part didn't even see the light of day except when I was completely alone and disconnected from the rest of my life.

Over the months and years that followed, I would often ponder that message and because I kept it alive with my focus, my life slowly started to integrate it.

There even came a day when I could hold the idea that my life was a whole and through that I began to experience myself as whole.

Gone were the scattered stops and starts of disjointed moving from one part of my life to the other; instead, I experienced what being in the flow actually is. It may even appear to some that I have taken the whole idea to an insane extreme however I am loving life this way.

My work is my play and I play with my friends. My friends are my family and we have a lot of fun. While I am having fun I am being spiritual and my wellbeing is assured. Being spiritual is my work and I get to play at work... And so on...

Just how good can life get? I get to be all of who I am in each moment of my day. I get to experience being me!! I was telling my good friend Mary K about this the other day and I found myself describing the old compartmentalized way of being as standing stagnant pools of water while the new integrated way of being as a flowing mighty river of fresh water.



I am really grateful every single day that I got that message and just as important – that I listened when I did. My life is what it is today because of that (re)defining moment and I could so easily have missed it.

In Gratitude

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