

Hot & Delicious: Fresh Perspectives

by Tracy Swartz



Shiny things distract me.

Look! Over there! What an opportunity! I can't resist. Must go to the shiny opportunity. Must try it (spoken in a zombie like voice). It has to be good! It was delivered to my awareness wrapped so prettily.

One day, I tried to sit down and couldn't. I had pretty shiny things piled up to my ears. I was buried beneath bows, ribbons and bags not to mention martookas, barnookas and tags. I desperately required a fresh perspective before I threw everything away.

I laid everything neatly on the table in piles.

Oh how they glittered with promises and possibilities! How was I to choose? Do I have to choose just one? I had to ask:

Why do I want to do this?
Does it make me laugh?
Is it fun?
Does it feel good?
Does it feed my soul?

I quickly sorted and sifted through the tangled mess. There were three bright and beautiful possibilities left, glittering, winking, teasing me. Could I keep all three? Were there more to set free?

When I asked the questions above I knew what was staying and what had to be set aside. I knew it was time to stop splitting my energy and make a commitment to my soul's song.

It behooves us to take a look at why we want something and how it makes us feel doing it. Does this new bright shiny opportunity add value or is it a distraction?

Sure all those pretty and perfect opportunities felt right in the moment. And from this fresh perspective of mine, I don't regret allowing my pile to grow overlarge. They offered me clarity and taught me something that I can apply to my current love.

The trick is to let them go when they no longer serve you. The other trick is to know when it's truly a distraction. You have to take a step back in order to gain a fresh perspective on what you're doing.

There is a side effect to adding a daily dose of fresh perspective, clarity.

So on those days when your feeling overwhelmed, overworked, over tired or over anything, stop. Stop doing. Take a deep breath and close your eyes. Let it all go for a moment or two. Take a walk if needed. In other words, put it down and back away. Now ask yourself those important questions. I bet you'll have gained a fresh perspective. Yes indeed, mmm mmm tasty, delish and hot right out of the oven fresh perspective with a refreshing layer of clarity cream. There's nothing like it!



Tracy Swartz (a.k.a. The Domestic Gourdess) is an artist and published author. She enjoys taking a ride into the land of whimsy and the abstract via the Gourd Express Bus. You can find her “warm fuzzy” evoking creations, books and workshops at <http://tracyswartz.com>.