

Be Still, Mumma
Special – Carla Wood
Pathways #45, page 42



Talking Points

- ❖ Moms are busy. But, when did busyness become a growth industry and social marker?
- ❖ Children are often hurried through the moment. Why are we trying to get our children to speed through life?
- ❖ Some of the busyness of motherhood is realistic, however it seems the energies of busyness and motherhood don't match.
- ❖ It can be hard to be still, especially for those who measure their value by what they do or how much they do, their busyness.
- ❖ Do you hear the calling of stillness from your children?
- ❖ Are all of the things we “have” to do really necessary?
- ❖ The biggest gift you can possibly give your child is being present for them. Be in the moment with them.
- ❖ It can be difficult to just breathe in the moment and take it all in, especially for an overdoer. (You can be an overdoer internally and/or externally.)
- ❖ Being still requires one to be self-aware, know yourself and be ok with you. You will be amazed at how much clearer you can perceive your child and other like you couldn't before.
- ❖ Carla reminds us, “Children are more connected to source and universal concepts than adults. They are not programmed with time, but with instinctual requirements. (42)
- ❖ Children react in moments when they are ignored. Be still for them.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

“Letting Go” by Lisa DeNardo <http://pathwaystofamilywellness.org/Parenting/letting-go.html>

“Mindful Parenting” by Susan Markel, MD <http://pathwaystofamilywellness.org/Parenting/mindful-parenting.html>

“I’m Not Busy (And I’m Proud of It)” by Rachel Jonat
<http://www.theminimalistmom.com/2012/07/notbusy/>

“The ‘Busy’ Trap” by Tim Krieder http://opinionator.blogs.nytimes.com/2012/06/30/the-busy-trap/?src=me&ref=general&_r=0