

Patience, gentleness, and knowing when it's time ...

Of our three children, the second, Matthew, was my only 'planned' pregnancy. Perhaps this was part of the reason I wanted also to have 'control' of his birthing, but then again, I was young and still lived pretty strongly under the illusion that we can exert more 'control' over the events of our lives than I believe today!

When I heard my Obstetrician was planning his wedding for the time of my due date (yup, the same colleague who performed the surgery leading to the 'stick turning blue' story!) I decided that had I not delivered this baby by two days before the wedding, I would have labour induced. In retrospect, I believe this is one of the more 'silly' and in some ways disrespectful parenting decisions I've made, but hey, as I said, I was young!

So, Matthew was born 'on command', before his time, and (is this my guilt-filled paranoia?!) I have never managed to 'rush' him into anything else in his life! ... Matthew simply operates at his own unique speed (to his often rushing mother, SLOW!) and in his being, has taught me an important life lesson.

As I sat down today to write a piece about recognizing the cues our body gives us as to the emotion we are experiencing (an important piece, and one that will be written - someday!), I became aware, it was not 'time' for that particular piece to be 'birthed'. I was writing, yes, but I was having to think about what I wanted to say. The illustration I started with just did not 'feel' right. I was getting frustrated and impatient with myself, and scared, this was feeling like it might be a 'forceps delivery'. Then I remembered Matthew - both my son and his birthing experience, and my friend who daily reminds me to 'be patient and gentle' with myself. And I stopped.

I stopped, breathed for a bit, went upstairs and had a warm shower. While there, I was conscious of the symbolism of the water for me - a source of life for drinking, for cleansing, for comfort, for touch and presence - and I added my tears to the flow. A catharsis, and an acknowledgment of my belief that everything will 'happen' when it is time. A remembering that investing energy in trying to induce things to happen BEFORE it is time is not only disrespectful (to anyone involved), but definitely NOT a gentle way to live!

And then of course I knew what today's story would be! ... One that flowed naturally out of my experience, that was ready to be birthed. One that would invite others to treat themselves with patience, with gentleness, and with confidence that (sometimes contrary to the way things might appear in the moment) the universe is undoubtedly unfolding as it should, and that everything will happen - when it is time!