

Presence over production

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I've noticed my life slowing down to a crawl lately. Well, not probably a crawl by any stretch of the means, but a crawl for me. I am reading less and producing less than I did before. I think it's because we have a three month old...

I'm such a task oriented person that it's hard to bite the bullet and just be present sometimes. I am enjoying a lot more unscripted, unplanned, free time, which we spend hanging out on the floor playing with toys and listening to music. It's lots of laughing and talking and spitting up. I am content to pass the winter nights with a cup of tea in one hand, a baby sitting next to me and a leisurely book read...

It's just that there is a voice in my head telling me that I am not doing enough at a quick enough pace. I tend to read and write at a frenetic pace if given the space—that is my production. Now I am having to learn to tune down the voice in my head telling me to move on from one thing to the next and just be present. It's the constant call of acedia to a general state of restlessness when I am being called to slow down and be present instead of being a producer.

What are some ways you have found to be more present and less of a producer?

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