



The blessing of play

“He lets out a warm breath against my face and pulls the cup away in triumph. And as he turns the cup in wide downward spirals through the air, I feel the blessing of play.”

Exercise: Life practices

It's easy to get caught up in the stress of “to do” lists or what our lives “should” be like. Just remember: The potential for play lives inside a moment, waiting only for you to recognize it, allow it, and let its blessing touch your life. A colleague's joke, a friend's invitation, a nephew pulling out his “knock-knock” book... or just a simple shift in your own awareness.

1. Where are the moments when play could be in your life?
2. Do you block them? Savor them?
3. How can you let more in?