

“Planting Rest”

By Benjamin Lindwall, Tending the Holy Second Year

Heard the quiet wisdom whispering:

“I will give you rest.”

You are going to give me rest?

Well, what do I have to do to get it?

How much does it cost?

Will I have to use my PTO?

How long will it take?

Is there a book I could purchase on the subject?

The other day I had a really peaceful nap. Is that what you're referring to?

I get pretty relaxed when I go to the beach!

But I'm on my way home and I've just got time for a quick drive through

Or a drive by

Whatever is fastest

Just want to get it done.

Okay I'll be serious

Gotta make this happen

Booked a weekend retreat at the trendy northwoods spa.

Now that felt good! For a while...

Came home and life clenched its fists with a one-two punch to the gut

E-mail box: Full.

Voicemails: 11.

Even missed my sister's birthday.

Heard the quiet wisdom whispering “Cultivation-

Plant it here, plant it there and water it some.”

So stopped. I took a breath.

I planted it.

Gave it a drink, some light and some time.

That's all a flower really can ask for, and it's really all it needs.