

Windows of Wonder - Rita Flannery

A Special Message

A number of years ago I was a very busy person, seen as capable, competent, given all sorts of jobs. I was delighted to find I could be the one to be counted on etc..

One morning I was walking in the garden and saw a bird perched on a branch singing her heart out. I watched and marvelled, as the bird sang I could actually see movement in her whole body. I found myself saying 'wow – she's singing with her whole body, the song is coming from deep down within.' Then came the awful realisation that I'm not singing deep down within!

That realisation led to some deep and painful questions. My world fell apart. I realised I valued myself in terms of what I did rather than who I was and found I had energy to do very little.....

Today my lifestyle is different, I do very little. I have days (not every), when I can say 'I am singing deep down inside' and that keeps me going.

I owe a lot to that little bird!

Yes, ordinary things can be extraordinary.

