



healing your life

The Potter's Wheel by Kathy O'Dell

Our modern lives are so full and so busy. It seems we are always trying to do too much. Is there a better way?

I attended a workshop a few years ago. I love workshops. For a couple of hours or a whole day you can immerse yourself in a topic with someone who has contemplated, researched and been inspired by the subject. I usually come away with fresh ideas and a new outlook.

This wonderful two hour workshop was given by Bill and Deb Mann of Nashville. I took lots of notes, but today the one thing I remember most clearly is — the Potter's Wheel.

At the time I had so many things going on in my life, I couldn't find time for all of them. During a pause for questions I asked Bill and Deb how they handled so much. Bill answered. He is a musician, and a song writer. He has a business. He does workshops. He is a son and a husband. That is a sampling of all he does and is. He said he spent a lot of time in contemplation on the problem. He came to see that his life was like a potter's wheel, with all of his interests and duties on the outside, spinning around a central core that brought them all together.

He discovered that all the things he did were part of a bigger thing he did. It was all part of being a creative, spiritual being.

He said a lot more, but the picture of the potter's wheel with the creative spiritual being, Soul, at its center stayed with me.

Sometimes Soul creates so fast in my life I can't keep up. I realize that some of the things in my life should not be on my wheel. The wheel begins to wobble. I cannot keep my balance. I let something go, and the wheel becomes balanced again.

A couple of years ago I let go of a teaching job. My wheel wobbled for a while and finally came back to balance. It feels good to let some things go, to make room for what Soul really wants to create in my life. As long as I keep the spiritual viewpoint, I will choose wisely, and keep my priorities straight on this spinning wheel.

Have you ever thought of letting one thing go?

What is at the center of your wheel?

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