



You have to
have clarity of
thought to be
at your best!

When Life Crowds You

by Gloria Thomas-Anderson, PhD, LMSW
Columnist of: Inspiring Insights For Your Soul and Spirit!

Have you noticed how hard it is to find those few precious moments of meditation once your day begins?

At the break of sunlight, not only does the outside world come alive, but most households start out in a mad rush! Whether it is getting the kids ready, preparing breakfast, or dealing with the business of business, you won't get the chance to reflect once the crowd is awake!

Noise often starts our day with either the radio or television with headline news or talk show conversations. Once that enters our minds, we start thinking of what needs to be done today or what we didn't get done yesterday that still needs to get done today. The crowding of life begins at that moment. We frantically try to get caught up and when we don't, anxiety launches an attack reminding us that we are even further behind AND something else just got added to the list of things to do!

The age old adage, "A woman's work is never done", rings true. It's not that you don't WANT to find some quiet time to just meditate, pray, or quiet your mind, but often it doesn't happen because there's too much still left to be done!

If you don't get a head start on the crowd, you may miss out on quality reflection time that can give the extra boost of strength to handle the "must do's" of the day. Decide that you will not allow the crowd's voice to lull you into the trap of trying to be all things to all people and neglecting yourself. You have to get rest! You have to have clarity of thought to be at your best! You deserve some "me" time!

When life crowds you, get your day started before the crowd gets up—even twenty minutes can make a difference! Whether the crowd is your family, your job, your church, club, or whatever—remember, a crowded life will crowd YOU right out of what you need most—peace of mind and a calm disposition.