Letting Go
By Meghan Mix
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At this point in the season, I operate from a place of overwhelm. I am so busy that I compulsively go from task to task. The minute I get up, I jump on the computer to knock off some "simple" administrative tasks before heading out to the farm.   There is no "me" time in the mornings where I can simply enjoy my tea or read the paper.

As I reflect on why this makes me feel overwhelmed, I keep coming back to the year's first Philosophical Pondering (*WHAT CONSTITUTES SUCCESS?*). I think it is because of the capitalist culture that has been ingrained in me since childhood - the obsession with business and productivity.

In order to break this routine (which I've discovered is not actually helpful at all, even when I am actually ridiculously busy - operating in this mindset is not efficient - I can get more done when I step back and look at the larger picture), I take some deep breaths and consciously notice something special about the farm - I listen to the frogs in the wetland, I watch the hawks soaring overhead, I check out which native plants are flowering.

Sometimes, letting go is key. Do I actually need to weed the field today? What will really happen if I wait until next week? (OK, yeah, it could be bad, but there are certainly worse things.) Less can be more, and I find that I am happier when I just relax. But knowing this and implementing it are two very different things and I am still trying to incorporate the implementation part into my life.