

“The art of defeat is to learn from one’s failures” Simon Bolivar

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OUT OF ORDER

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Times have definitely changed. If we want to cross the Atlantic Ocean we no longer need to board a ship for the duration of two months or more. Now, we can hop onto a plane and in less than eight hours we arrive at our destination of choice. If we want to communicate with a relative or friend that lives abroad there is no longer a need to write a letter; today we simply send an email or we can chat with them online and be in touch with them more directly and immediately. If we want to meet a new member of the family –a nephew or a grandchild—we no longer have to wait for a picture in the mail. Today we can connect via internet, and we can see our new family member on the screen of our computer. Not only can we see them, but we can also enjoy them and participate in his or her growth even from a distance. For example we can watch the addition to our family crawl, walk or say its first words. At work, lunch time used to be sacred, and in some countries it was even accompanied by a relaxing nap. Today in many cases lunch is taken for only a few minutes, and often times those minutes are spent in the office or in some cases in front of the computer.

When cellular phones first appeared they revolutionized communication, yet nobody could have imagined the impact that this discovery would have in the near future. There was no longer a need to physically go home or to the office to make an important phone call. Nowadays, that same “phone” allows us to read emails, listen to our favorite music, purchase items via internet, confirm sale prices to our exclusive clients, text our children that we are on our way to pick them up, cancel any doctor appointment, etc. The list is endless, and I’m growing tired just listing some of the possibilities!

That is why the times have changed; the pace of life today is faster, and there’s no waiting when things are immediate. So how about we all hang a sign around our neck that says, “Out of Order”. Do not laugh! Really! We can start by doing it for 10 minutes a day, and then gradually increase the length of time or how frequently we are out of order. In this way we will be able to interrupt our daily activities, allowing ourselves some space, giving ourselves some time, to simply close our eyes and do nothing.

It’s time we ask ourselves:

Am I capable of giving myself some space? Is it too much to ask?

Do I recognize the benefits that free time can provide?

We all have different ways of doing things, each one at our own pace, but there is one thing that cannot be denied. When we feel good about ourselves not only is there a personal benefit, but the people who surround us will also feel the change in our attitude, in our mood, and in our character. In this way, we create a comfortable circle around ourselves filled with the benefits gained from going Out of Order once in a while.