

Just One Thing

Written by Gayle Nobel

Monday, 12 January 2009 17:33 - Last Updated Monday, 12 January 2009 17:38

Happy New Year! Due to holidays, kids coming home from college, illnesses, tonsillectomies (just one, not mine), and limited room to breathe, I have been out of blog mode. However, now I'm back and looking forward to a wonderful New Year.

As we shift from 2008 to 2009, I find myself wanting to make a personal shift as well.

Time seems to pass so quickly. Although our kids go through some phases that feel like they will never end, they really grow up much too fast. This year, all three of my amazing children will be in their twenties and I can't help but wonder how the years have passed so quickly.

Due to an upcoming milestone birthday, the seemingly rapid passage of time is at the forefront for me. Though I have many dreams and goals for the New Year, first and foremost, is just one thing: slowing down. As I slow down, I am able to notice and be more mindful to life's details (the good, the not so good, and the ugly). It's easy to get overwhelmed. There are so many things ("have to's and want to's) on my plate, I think I need a bucket.

I like the idea of "just one thing". Finding just one thing to focus on this year- slowing down. Finding just one thing that must be accomplished for the day- writing this blog. Finding just one thing to notice and celebrate about my child today-he's really good at listening to his body when he's sick.

Just one thing in action. Here's a sneak preview of a piece that will probably appear in my next book.

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Yesterday was a rough day for Kyle. Stress, anxiety, behavior we usually don't see- it was all there when I picked him up from his program for our weekly trek to music therapy. I knew it was going to be an "interesting" session.

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Kyle was having very little part of making music. Nearly everything was pushed away or tossed. He appeared fully engaged in "Kyle-land". I watched from the observation room. Admittedly I was feeling disappointed. I had driven a long way for what appeared to be nothing- or certainly not very much today.

When the session was over, I went into the music room for our usual chat. This is our time to discuss the session. Typically it is a small celebration of all the ways Kyle participated that day. Often, there are many. Some very amazing musical stuff has taken place in this room.

"Today was all about Kyle." Kathleen commented. "But, he WAS able to do some cool stuff anyway." "You'll have to point it out to me." I said, with a hint of sarcasm but genuine desire to hear about the good for today.

Kyle is able to harmonize. Though he appeared to be elsewhere, he was singing(humming) in harmony when they were in his preferred keys. When they switched keys to unfamiliar ones, he made some unsuccessful attempts at finding the key. However, at the very end of the goodbye song at the piano, the very last beat of the entire session, he found it! In harmony, he belted out the final note.

Kyle was connected musically. Once again, he defied appearances as well as our beliefs. He was there. It just took someone who was listening with a tuned ear to notice.

It's all about noticing just one thing. This is what makes life juicy. This is what creates good feelings to take home with me. Joy and delight is found in the tiny details of my experiences. And, it only takes one. Just one thing!

Notice Just One Thing today.

Is your child having a rough day? Are you? There is Just One Thing lurking in your day. Share it with someone or write it down. Blow it up and make it a highlight, a moment in your mind or on the page. Just One Thing.