

# The Prize

Contributed by Gayle Nobel  
Monday, 01 February 2010  
Last Updated Monday, 01 February 2010

"The prize is in the process." Rolf Gates, Meditations from the Mat

I began writing

Breathe on August 1, 2007. Creating my second book has been an amazing 2 1/2 year process.

So many ups and downs, decisions to make, writing and rewriting to do.

Wow! Lots and lots of learning and growing for me. Many times I have imagined the

book in hand or on the bookstore table. One step further, I have envisioned the day it is ready to share with parents,

caregivers, everyone..... making a

difference one word, story and tool at a time.

Breathe slid off

my plate last week and into final, FINAL production. At the moment, there is nothing left for me to do on the book itself.

Ahhhh, a long sigh of relief is in order. For me, it's been more of a short sigh. In fact, a personal mini-celebration in the form of a day off or a breather from my work is called for because "I DID IT!" I brought my dream to reality.

Confession: I haven't really taken the time to

pause and bask in the glow of my accomplishment. I'm already on to the

next "important" thing. Almost immediately, I went into full gear for the next phase of the process: marketing. In fact, I started that phase before the book was completed.

There is always more to want, always more to do. Seems like human nature to want more, bigger, better even after we have just accomplished something big (or am I the only one??) It's easy to become impatient with the process with a tendency to rush to get "there".

Sometimes the process is difficult, stretching us even beyond where we would have chosen to be stretched (like having a child with autism). Sometimes the process is messy and complicated and hard work or even scary. (Again, like having a child with autism or even having any child). Sometimes the process is beautiful... like taking that walk up the mountain and remembering to pause and look around once in awhile.

The process is the rudder that steers us toward our destinations. Personally, I'd like to set an

intention to mindfully pay attention and even stop to enjoy that process much more often. And, pause to celebrate the accomplishments at the top of the mountain. Cheers!

PS As soon as Breathe is available, I think I need to read it. I'm still learning. Somehow, I almost forgot, "the prize is in the process."