

# Wake Up Call #8a

## *Fun*

### "Work & Play"

You know when people say, "I've got to work harder at having more fun?" Well, that's a very interesting mix of work and fun. If you want to make a change to yourself, do you have to work harder? You're probably not lazy. You probably do work. Maybe you need to look at this differently.

I'm going to come into this from a different door, then put it all together.

What about giving a gift - when you are *gifting*. How about when you are giving the gift of your attention. You know, that is considered one of the highest spiritual things you can do. It is a - or THE - foundation of spiritual growth - to give your loving attention to something.

How about when you give gifts? I know a person - this woman who is very close to me - who feeds 20 to 40 people every other week. She buys all of the food, she has the entire set of freezers and cooking equipment in her home. She cooks it all, then delivers it to homeless shelters. That's a gift of love, a labor of love. She's laboring - she's working, but she's loving doing it, because she wants to, right? She's also feeding a specific family every week and gives them enough food for the next few days.

Where is that balance? When you're looking to make a gift for somebody - or buy a gift, where you have to go find it for them - or create a party for your friends - you aren't thinking in terms of work versus play. You're playing! But where was that boundary

between work and play? It's in the passion, right? It's when you have passion for something.

When you decide to give the gift, you're having fun. The boundary between work and play disappears and now your ARE having fun. So, one way to have fun is to go back to the giving of the gift.

So, I have an exercise for you. Try in this next week, to go to your real work - the work that you really don't want to do - and try to give that labor. Consciously make a switch and say, "I'm going to give my next hour as a labor of love - it's a gift." And see what happens. It's like mindfully walking - at first, you're just walking, and now, you're meditating. Maybe your day goes up and maybe something good happens. You've given the gift of labor.

Well, that's it for today. I'll see you in one of those tomorrows.

