

Personal Reflection – March 2, 2022

Do Less More, Now

In June I will enter my 92nd year. Heaven help me! The Great Covid Quiet has been a blessed environment for me, even though my big E extravert self is hurting. Bad!

From such pain has been born a new Jane: a bit tamer, a more quiet listener, a lady aware as never before. I hear music differently, see sunrise and sunset colors anew, notice the color of my friend's eyes! I read slowly, savoring new ideas. I celebrate my physical vulnerability as a gift which has slowed me down.

I have *time*... each day is a gift of 24 hours. I open this gift with anticipation: taking time to swim, to pray, to read, to enjoy lunch or dinner with friends who come to talk and laugh and rejoice in our time together. I nap often and go to sleep early. Snoozing is my favorite indoor sport.

I notice the qualitative tone in my describing this gift of time. Long ago I said: "*There are three things that make Dialogue Education work: time, time and time!*"

How can y'all move from *presto* to *adagio*, NOW - celebrating the amazing gift of good work, a thoughtful caring design system, a family of colleagues, grateful learners and clients? How can y'all celebrate together the wonder of your listening, of your designing, the **quality** of your innovative counter-cultural education process? No need to wait until your ninth decade! *Do it now!*

--Jane Vella