



Is it Rocking Chair Material?

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“Stop acting as if life is a rehearsal. Live this day as if it were your last. The past is over and gone. The future is not guaranteed.” — Dr. Wayne W. Dyer

*Is it important enough for another gray hair?
Do I need to sweat it, do I need to swear?
Is it bad enough to be sheddin' tears?
Is it big enough that in fifty years...
I'll be talking 'bout it in my rockin' chair?*

We're living in a hyper-active age. There is always too much to do, and seemingly, too little time to do it. Our ancestors devoted most of their waking moments to making sure they had food to eat. We have thousands of choices of food-services primed and ready to provide us as much food as we want - as fast we want it. It's strange, if you think about it, every day there is a new advancement of some kind that makes everything easier and faster. Yet, the end result is more choices and seemingly less time. Balance is life's little conundrum.

Stress and worry is the enemy of balance. The more energy I put into fretting about my life, grouching about the

past, worrying about the future, ruining my decisions - the harder it is to maintain a semblance of balance.

*Does it matter this much, do I really care?
Is it all so crucial, is it so unfair?
Is it so darned tricky that I can't shift gears?
Is it big enough that in fifty years...
I'll be talking 'bout it in my rockin' chair?*

Fortunately, I have a code I apply to everything. I call it: *Is it Rocking Chair Material?* When I'm stressing over one of those life situations that can consume all your energy if you let it - an argument with my wife, a failed business decision, a traffic ticket - I ask myself: "Is it Rocking Chair Material?" In other words, will it matter when I'm eighty? When I'm old and gray—and I do plan on getting old and gray in the (very) distant future—is this situation today important enough that I will be reminiscing about it with my fellow rocker(s)?

Thankfully, most of the things that pop up on a day-to-day basis are not life-

changing or life-threatening, and consequently not good rocking chair material. Just knowing that keeps things in the *molehill* category.

Frankly, the biggest secret I have about balance springs from this rocking chair concept: it is a whole lot easier to maintain balance in our lives when we *release all unnecessary drama*. After all, what we're balancing in the first place is the *be* versus the *do*. When the *do* carries with it a lot of superfluous histrionics, the *be* can get overwhelmed

*Am I really that lost in deep despair?
Am I really so dense and unaware?
Is it really that hard to face my fears?
Is it big enough that in fifty years...
I'll be talking 'bout it in my rockin' chair?*

The next time a situation pops up that seems oh-so-important and wants to ruin your day/week/month/life, ask yourself this simple question: "Is it Rocking Chair Material?" ★



About the Author

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