

“It’s not just the chaos, Mamas.

The frustration you feel, the fatigue, the uncertainty, the self-doubt.

These realities are not in place merely to test your strength
and/or wear you down.

They are there to transform you.

To take you to to a new level of selfhood, of womanhood.

They are there to mold you into a softer, gentler, more compassionate
and more tolerant human being.

They are also invitations into greater self-awareness,
self-respect,

self-compassion

and

eventual thriving.

The trouble is not in
frustration so much as
precious few mentors
that organic, messy growth.
ourselves, to take the edge

the chaos and the
in the fact that we have
modeling that softening;
We’re taught to distract
off and to numb the pain.

We’re taught to shop

instead of
examining our longing,

to accumulate instead of
letting go.

to think, and google and idealize
our way to contentment.

But I think the path to wholeness -
is way less linear, cerebral or tidy

in my experience,
than any of that.

It requires feeling every

feeling imaginable

It means

braving the wild, scary, unexplored shadows within.

It requires that we learn to ask for help.

that we own and honor our needs,

and that we walk through life with more

curiosity and humility than certainty and comfort.

It also requires that we use our frustrations

to illuminate the path of growth that lies ahead of us.

We’re always being invited to continue along the wisdom trail.”

-Beth Berry Author of Motherwhelmed

