

Wise Homemaking: Spiritual Wisdom for Homemakers

Being a homemaker is challenging and sometimes feels like it's not all that glamorous. Like the toil is not worth the reward. You work day in and day out to: get your children ready for school, make meals, clean the house, do the daily shopping, oversee homework, drop children off for sports practice, and more. You're the anchor that holds your household together. You're even an emotional anchor, your mood influences everyone else's mood more so than the other way around. You have to take the children's (and significant other's!) food preferences into consideration when making every meal. In short, you are the glue that holds your family together.

Yet you feel down many times. The routine is repetitive and gets boring pretty fast. Your children are in their teens and are rebelling, saying they don't like what you're cooking for dinner, or are dressing strangely, or meeting boyfriends and girlfriends outside of curfew hours. God forbid, sometimes your significant other has a really bad day at work, and ends up taking it out on you.

By the end of the week you are physically, mentally and emotionally drained and don't know where to turn to be renewed.

Spirituality has the answer. Spirituality is not just religion, or some mystic arts focussed on lofty goals of spiritual ascension. It is being in touch with spirit, here and now. Spirit is abundant, both in energy and in wisdom. You need both to cope with the demands of being a homemaker. And you need creativity, joy and love in what you do. It makes it worthwhile.

But, how exactly does spirituality help with homemaking? It is a largely menial task, and the challenges are very physical. It also has to do with relationships, how does it help with that?

As a homemaker, you need energy. Physical energy is not hard to come by, a few well-balanced meals and a cup of coffee in the morning and afternoon will do you well. What you need is **will**. The efforts need to feel fulfilling and worthwhile, as with any job. Spirituality and meditation can center you in your being and give you both energy and wisdom in understanding your role in your family. The wisdom brings fulfilment with a job well done.

What is your role in your family, and in the larger context of the world? It is to nourish and nurture. There are souls around you, your children and significant others, who are constantly on their own journeys in life. They need a centerpoint to rally to in their lives, and that is your home. And they go out and influence others in their relationships and jobs, that is the wider context. They rely on you for all this. Yes, you make a home, but you also assist in the growth of a select few lives who will go out and touch countless others. You are an enabler.

How do you get in touch with this role, its demands, and the creativity required to make good of it? Meditation is the key.

What is meditation? It is the intent to be in touch with your soul and the intelligence of life. The intent must be coupled with the seated practice of closing your eyes and diving within your own being. Your inner stillness, which is uncovered through meditation, has an abundance of creative energy and nourishes your mind, emotions, and even your body. You feel fresh and renewed amidst the hustle and bustle in life.

How does one meditate? Close your eyes and sit in a comfortable position or on a chair or sofa. You can even practice while drinking tea or relaxing to some music.

The doorway to meditation and the spirit is the inner body.

Heed the following passage:

“If you are not familiar with ‘inner body’ awareness, close your eyes for a moment and find out if there is life inside your hands. By this I mean become aware of the subtle feeling of aliveness inside them. It is there. You might get a slight tingling sensation at first, then a feeling of energy or aliveness. Then incorporate other parts of the body - legs, arms, abdomen, chest, and so on - into that feeling until you are aware of the inner body as a global sense of aliveness(...) Inner body awareness not only anchors you to the present moment, it is a doorway out of the prison that is the ego.” (Being App, Awareness 8.134)

From such practice, slowly, the answer to the fundamental question “who am I and what substance am I made of?”, emerges as an experience, the experience of your soul. The more you meditate, and the deeper and longer into meditation you go, the more nourished, creative, and abundant with energy you feel.

Spend 20-30 minutes in the morning, before lunch, and in the evening around tea time meditating. It will fill you with creativity and energy, and enhance your intuition. You will respond better to different situations with your loved ones. You will be a great pillar of support for them. And you will never feel mentally or emotionally drained.

A great homemaker not only makes a home livable, but a bastion for the people around you to feel safe and nourished. It gives them a hearth from which they can go out and live their lives. Be the best homemaker you can be with meditation and reading meditative books which enhance your spiritual wisdom. You will not regret it!