

## Week 15 Practice

Ann Lamott once wrote, “The grace of age is radical self-acceptance.” Life is messy and we human creatures are messy. Life isn’t about *eliminating* the mess; it’s about *embracing* the mess. We begin to accept our messy selves—we begin to embrace the beauty of our flawed and broken being—by first accepting the chaos of everyday living.

This week, let’s try to do just that.

Let’s try to accept the messiness of life, perhaps even embrace it and revel in the beauty of it. To do so, instead of just trying to *tolerate* mess when it happens, let’s *create* mess. Here are ten ways to do so. This week, try at least one. If you can’t resist the freedom of it, try a few more.

1. *Start a food fight at the dinner table.*
2. *Get into the longest line at the supermarket. Intentionally.*
3. *Declare a week of no picking-up. The kids will love you, you’ll have more free time, and you might just relax into the mess.*
4. *Declare a month of no yard work. When the leaves fall, throw the kids a rake, let them pile in, and worry about it later.*
5. *Don’t go to the grocery store this week. Cook with whatever you have in the house. Find ways to make it fun. Chocolate syrup on stale cereal? Absolutely!*
6. *Post one Facebook status per day about something messy in your life. Don’t ask for comfort. Ask for celebration.*
7. *Pick a wall in the house for drawing on. The kids will, once again, love you.*
8. *Instead of a tablecloth, use newspaper. And no plates.*
9. *Let the kids dress themselves for a week, no matter how ridiculous it looks. Intentionally wear mismatched socks to work. Or, if you’re really a revolutionary, two socks on one foot.*
10. *Make no plans for an entire weekend. Live moment to moment. Go to a park if that’s the mood. Or go to a homeless shelter if that’s the mood. Let it be messy and unplanned.*

Try not to turn this into a to-do list, because that would turn messiness into an orderly task. Instead of something listed above, try an idea that comes to you in the middle of a messy situation. Try not to analyze it or judge it.

Just give in to the mess.