

This is Water, a Parable

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This is Water!

In 2005, David Foster Wallace addressed the graduating class at Kenyon College with a speech that is now one of his most read pieces. He began with a parable: There are these two young fish swimming along, and they happen to meet an older fish swimming the other way, who nods at them and says, "Morning, boys. How's the water?" And the two young fish swim on for a bit, and then eventually one of them looks over at the other and goes, "What the

heck is water?"

At Kenyon, Wallace elaborated on his water parable saying that the point of the fish story is merely that the most obvious, important realities are often the ones that are hardest to see and talk about. The fact is that in the day-to-day trenches of our existence, commonplace platitudes can have a life-or-death importance.

Nearing the end of his speech, he said that **the capital-T Truth is about life BEFORE death**. It is about the real value of learning, which has almost nothing to do with knowledge, and everything to do with simple awareness; awareness of what is so real and essential, so hidden in plain sight all around us, all the time, that we have to keep reminding ourselves over and over: *This is water. This is water.* www.youtube.com/watch?v=DCbGM4mqEVw

Applying this to our family relationships, we need to ask ourselves some extremely important questions:

- What do I need to be more aware of in my relationships with my spouse, my children, grandchildren, parents, and siblings?
- How much of every day do I spend doing things out of habit, unconsciously unaware of the feelings and desires within myself and those I care about?
- What is one thing that I can do to make a change to be more aware, more present today?
- Who do I want to talk to about supporting this change in our family culture?

Discovering better ways to listen, understand and have empathy for ourselves and others takes intention, willingness to grow, develop, change, and learn new ways of connecting to each other. If you have an area of your life that you would like to explore how to do this, I encourage you to find a small group, a

coach, a book, a partner, child, or friend to begin working on this. You can check out what I am offering below and message me if you have questions.

Doing Life With Your Adult Children (starts Sunday, February 18)

www.coachmyrna.org/adult-children.html

Creating Connection in Relationships

www.coachmyrna.org/create-connection.html

1-1 Coaching

www.coachmyrna.org/coaching.html

Stay tuned for an Inner Child Small Group starting soon

To purchase my book on
Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

