

# HOW ABOUT?

with Louise Howland



This month, Louise finds her inspiration in beautiful blooms of all shapes and colours.

Take a deep breath and travel out of your comfort zone this month – the end result may be a revelation!

So many inspiring ideas are contained within these covers that I am yet again torn between choices; are you? Will you have time to do one, two or more of these projects, and what determines which ones you pick?

History and habit play a major role in our selections. I'm comfortable with stumpwork and like Morning Glories, so why not?

Caddy Cottage is a little more challenging, I'd need to learn a couple of new techniques and invest in some new threads and

sewing supplies; I love the colours and part of me has always wanted to try various three-dimensional effects.

If in doubt, it is so very easy to opt for the familiar.

When we control the process of choosing, we feel a sense of freedom and believe ourselves to have a certain amount of control over what happens in the world around us. The choices we make, both consciously and subconsciously, do indeed affect us and those around us.

A mother who chooses to spend time teaching her children to sew a button on, or lets them help her cook a meal or read a story, is choosing to give immeasurably to her children; teaching skills, imparting knowledge and showing her love and concern. The positive

action may seem like a lot more work than the negative, and the tougher call can seem to take too much effort to be worth it, but it invariably is.

The gardener who chooses to plant even a single native plant over one from another continent has made a choice that benefits an entire ecological system – our planet. Allowing our native birds, butterflies and animals to have access to their life-support systems is the greatest gift we can give this earth we share, yet so many choices are made without any thought to their wider impact or the end result. Most of our personal choices have consequences with a far wider impact than our own lives, including environmental, social, and spiritual.

Doing nothing is a choice too, so, whilst I'll tell you that I've always wanted to make lace – and likely use lack of time as my excuse for not doing it – the fact that I have never attended a class, read lace instructions or even seriously watched the lace-making DVD I have in my living room, is me choosing not to make lace. Why? Because it looks too difficult? Too time-consuming? Or are there other things that simply take priority now?



Whatever the reason, by limiting alternatives to those that seem manageable, I may have disconnected myself from what I truly want. Our lives are, to no small degree, the result of all the choices we make. There's much to be said for security, but it's worth going out on a limb occasionally – as after all, that's where the fruit is!

"I am always doing that which I cannot do, in order that I may learn how to do it." Pablo Picasso

Until next month,

*Louise*