



# The Heart's Quiet Garden: A Mother's Journey to Calm

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Clara stands in the middle of a sunny but cluttered kitchen, toys scattered like confetti while steam rises from a forgotten cup of coffee. Her eyes are wide with the weight of the morning's endless to-do list, feeling like a tiny boat in a vast, choppy sea.



As the children's laughter turns into high-pitched squeals, Clara feels a gray cloud of frustration gathering in her chest. She notices her hands clenching and her breath becoming short, recognizing the familiar storm that often clouds her sunny heart.



Instead of letting the storm break, Clara closes her eyes and places one hand on her heart, taking a long, slow breath. She imagines a golden anchor dropping from her chest, grounding her feet to the floor even as the chaos swirls around her.



She steps onto the balcony for just a moment, letting the cool morning air brush against her cheeks and quiet the noise in her head. In this tiny pocket of peace, she reminds herself that she is a person first, and a mother second, deserving of her own kindness.



Clara returns to the kitchen and pours herself a fresh glass of water, watching the sunlight dance through the ripples. She realizes that her emotions are like the weather—they pass through, but they do not define the sky of her soul.



With a softened heart, she kneels down to her children's level, looking into their bright eyes instead of at the mess on the floor. The tension in the room melts away as she chooses a gentle whisper over a tired shout, turning a moment of friction into one of connection.



Later that afternoon, they all sit together on a soft rug, building towers out of colorful blocks and imagination. Clara lets go of the need for perfection, finding joy in the wobbles and the crashes, laughing along with the rhythm of the day.



When she feels her energy dip, Clara gently explains to her little ones that Mommy needs five minutes of quiet time to recharge her magic. She sits in her favorite chair with a book, teaching them that taking care of oneself is a beautiful way to love the whole family.



As the sun sets in hues of orange and violet, Clara tucks her children into bed, sharing three things they are grateful for from the day. She realizes that by managing her own inner weather, she has created a safe, warm harbor for her family to grow.



In the quiet of the night, Clara reflects on her journey, knowing that being a better mother starts with being a kinder mother to herself. She falls asleep with a peaceful heart, ready to meet tomorrow not as a perfect woman, but as a present and loving one.