

WHEN A CITY GIRL *goes country*

By Annette Bridges

Moseying Along

Moseying through life is better than moving too fast. Indeed, I would rather stroll and meander leisurely and effortlessly than stressfully and hurriedly scamper and scramble through my days.

As always, our cows teach me big life lessons the more I pay attention to them. They are the perfect archetype for what it means to mosey.

Most of the time our herd moseys their way around their pastures looking for good grazing spots or they make their way to the stock ponds to get sips of water. Even when they enter new pastures, they mosey toward the round bales waiting for them. They rarely move fast and when they do, it be not out of desperation but rather when they are excited and happy. For the most part I would say they seem quite content to mosey.

From what I've observed, there's nothing aimless about moseying. A day in the life of a cow is filled with purpose and passion. Their days are not idly spent. They utilize most of their hours on a mission of eating and chewing. I often joke with my hubby and say they eat like it's their job. And of course, it is.

Watching our cows mosey along often brings to mind the Simon & Garfunkel 1966 song titled "The 59th Street Bridge Song" otherwise known as "Feelin' Groovy." The opening lyric is, "Slow down, you move too fast." I think the entire song is telling us we would be happier if we moseyed, that moseying through life will make us feel more satisfied and fulfilled – aka feelin' groovy.

There was a time in my life when I was always in a hurry to get where I was going or do whatever task was needed. The funny thing about that is I have rarely punched a time clock on any job I had. My feelings of pressure and anxiousness were almost always self-inflicted. My unrealistic timetables were self-imposed.

But no more my friends. These days I choose to mosey and I've learned to be quite comfortable with doing so. Don't get me



This photo captured some of the cows as they mosey toward some new round bales after moseying around the stock tank first. The calves in the distance also are moseying toward their crepe pen, too. (Photo courtesy Annette Bridges)

wrong, however, I still have many goals and dreams I want to achieve. I simply don't want to feel rushed or be rushed. I don't want to feel stressed, anxious or get impatient. I want to mosey my way forward and enjoy every moment and step along the way.

This is a huge change for me. Many people would describe me as an idea gal. I'm always thinking of new products to create, columns to write, ways I want to remodel our house, places to explore that we've never seen before, games to play and so on. My list of new ideas is endless in every aspect of my life, includ-

ing my role in our cattle production. I've got a new idea to implement for our record keeping this spring calving season that I can hardly wait to start.

There was a time when I would have been frantic to accomplish every new idea that entered my head. I'm learning through my practice of moseying that I can still get much done and have much more groovy fun in all of my doing when I maintain an unhurried yet deliberate approach in all of my day to day activities.

Mosey on folks! 🐮