Insouciant

You think back to a crisp autumn day in the mountains. Though the sun is warm, it is undercut with a chill on the wind that rustles the vibrant leaves in the trees above and fills you with an urge to explore. You are maybe eight years old and have a desire to climb everything in sight. After picnicking in the woods, you run off. Your mom yells after you to stay close, but you cannot contain the adventurer within. You have no worries, no concerns in the world, except for discovering what you can see from the top of that giant crop of rocks up ahead. It is the biggest mound you’ve come across so far and you are finding it difficult to hold back. You pause a moment, wondering if it’s beyond Mom’s limits of staying close, but your curiosity gets the better of you. You run over to tackle the mound. Each rock seems larger than the next as you pull yourself up, jumping, reaching for the next ledge. Finally, you make it to the top. There is a clearing of trees you can see right through to the valley below. If you were a little older, the drop might be dizzying, but it doesn’t faze you as you peer over the edge. You feel like a conqueror on top of the world—until you hear your mom screaming at you to get down. As a child, exploring the woods of the mountain put you in an insouciant state of mind—lighthearted and unconcerned.

Though many of us have most certainly felt insouciant as children, it is a feeling we can still capture as adults. Whether it is still getting lost in the woods, swimming in a lake or ocean, taking a walk, eating ice cream, gardening, crafting, playing in the sand, or even reading a book—we all have that little something that relaxes us to a calm state of no concern. Some people have multiple outlets. For me, it is getting lost to nature. When I reach that place, all of my worries melt away and the sounds, the smells, and beauty of the world around me fill me back up again with a lighthearted happiness.

I even find myself doing some of my best work in this state. Always with a notebook handy, I’ll sit for an hour soaking up my surroundings—sketching, writing, getting all my creative thoughts out on paper before the busyness of the day returns. When you are feeling insouciant, take advantage of it. Many times inspiration hits when you’re happy, when your mind is not clogged up with concern, and you are free to enjoy life as it comes.

Source:

<http://www.merriam-webster.com/dictionary/insouciance>