

The BIG bundles of joy! by: Roberta M. Rosa

"Pero Mija, do you mean "little bundles of joy"? Because that's not relaxing to me." Yes, Mijas I mean both! What has gotten me through this long hiatus of stressful days and sleepy-headedness was children. From little, bratty, whiny godchildren to teenager-ish kids I used to baby-sit a few years back.

Why do I pick these kind of small humans/soon-to-be-adults/reggaeton-loving/PS2 playing type of people? Why don't I just call or hang around my grown-up friends to have a drink and just talk things over? I think it's because of **innocence, inspiration and just presence.**

I am a self-healer; I usually do not turn to anyone for advice or help. But when I need to get away I tend to hang around people that inspire me and the most type of people that inspire me are children. Let me tell you why:

* **They bring you back to your center** - Now you parents may not see that because you are too busy yelling at them or telling them to clean their room, but take the time to watch them as they are busy doing something that amuses them. In my case, I hang around my cousin Isaiah, I go over to his house and we play video games. I'm in a safe environment, he is loving my presence and I the same. My mind is off of all the unnecessary drama that the world brings.

* **They do stupid little things to make you laugh!** - Which is one of the reasons why my colleagues at work think I'm nuts. I call it "innocent joy". I laugh at stupid things and so what if I act childish at times, I know when to be serious. One thing about us adults is we tend to slip away from simplicity. I.e. A parent saying "Oh that kid is so smart." Err wrong dude, your son is not smarter than you, if you thought simple like you used to things would be much easier.

* **They are the future** - So I am sitting here watching teenage Mia turn 15 years old and she's dancing salsa! I think to myself as I'm deejaying her Quincenera, "What am I doing in my life that will inspire her to do right and be a self-thinker?" I see young kids and I am relaxed and ideas ignite in my head! I want things in life to be better for them, thus making me come home and start working on Mija Magazine.

I hope this inspires you to spend time and spend some time with your kids or even a child because they will do wonders while around you...now I got to get a rag and clean this artistic painting on my wall done in crayons! Aye! ha ha ha!

What do you do to relax? We want to know...[click here.](#)