

Don't Be Bored: Celebrate Spring Instead!



“If you’re bored, you’re boring.” That was a hilarious line growled by Brenda Vaccaro in a trashy 1980s TV show. Trashy or not, there’s wisdom in that line.

We succumb to boredom if we let our brains be lazy. Being lazy—being bored—is practicing being dead.

Don’t practice being dead. When the time comes, we’ll all do it just fine.

Instead, practice being curious. Practice being happy. Practice being alive. Today. Every day, because you may not get a tomorrow.

There’s no plant, no animal that ever gives up—stops growing, stops living. Except us. Joseph Campbell once quipped that “when the grass gets cut, it doesn’t then say, ‘Oh forget it! I give up, I’m not going to grow if all that happens....’”

We do that all the time. We can always find some justification for giving up, for plunging into a mood. Like habits, the more we practice those moods, the harder they are to break. And the harder it becomes to have control over yourself. Without conscious control of your moods, boredom and laziness, we have no free will, no choice. Instead, we live under the cloud of chaos, accident and always “reacting.”

Get outside! Go for a walk in nature, and turn your phone off! Get up close and personal with the crocuses, the daffodils, the delights of springtime. Say hello, say thank you. Breathe in their joyful growth, and try to remember that joy whenever your moods and boredoms try to smother your happiness.

Here's a [glorious piece by Bach](#) that can help you establish verve and delight as a mode of behavior that you can conjure up quickly to kick boredom and laziness out of your life—at least for that day! It's only five minutes long, and most of us spend a lot more than five minutes being comatose during our days.

[J.S. Bach, Unaccompanied Cello Suite, #6 in D Major, BWV 102, Prelude, Pierre Fournier, cellist.](#)