

WFWP USA: I Couldn't Walk for 4 Weeks... Here's What I Learned as a Working Mom of 3

Kaeleigh Moffitt
September 1, 2024

A few weeks ago, I went through something that turned my life upside down: the worst ankle sprain I've ever had. The pain was intense, and my ankle looked so swollen and bruised that I was convinced it was broken. Luckily, it wasn't - but it was still a bad sprain that left me unable to walk for four weeks (and counting!)

For a busy working mom of three, that was a rude awakening. I'm used to juggling a million things at once, and suddenly, I was the one who needed help. A lot of help. It was hard to accept that I couldn't just bounce back. And to be honest, it has impacted my psyche more than I thought it would. The things that I've normally relied on for many years to regulate my spiritual and emotional center are not accessible at this time because of my immobility. My happiness and inner peace has been significantly challenged.

I've been left with many questions.. Where does happiness come from? Who is the owner and creator of my happiness? How can I cultivate happiness when I feel so frustrated at my situation? And maybe most simply put, how can I make myself happy again?



Happiness does not come to us when we have everything. It comes mysteriously, when we have seemingly lost everything yet still have gratitude.
- Dr. Hak Ja Han Moon, Founder, Women's Federation for World Peace

I know there is a deep lesson to be learned in this experience and I think Mother Moon speaks to it so perfectly. It's easy to feel happy when things are going the way you want them to. It's easy to feel happy when life is peaceful and on the right track. But this type of happiness is only one level. There's certainly nothing wrong with this type of happiness, I enjoy it very much! But Mother Moon is right, the deepest version of happiness comes when you find genuine joy in the most difficult situation. For it comes from a place of deep gratitude that can overcome the most insurmountable obstacles. It is a true and long-lasting happiness that can weather any storm.

I will be honest and admit I'm not there yet in my current predicament. I am, however, grateful for this reminder and push in the right direction. If you find yourself in a similar situation perhaps we can keep each other accountable to discovering the deepest happiness that finds us even when the light seems so dim.

Let's look deeper together and find the happiness that lasts a lifetime, no matter what.