



Column **Rosa Eskelund**

Balance in life

Rosa Eskelund is the owner of
RosesForever ApS, a rose grower
and breeder in Denmark.

The well-known Italian scientist Leonardo da Vinci (1452-1519) writes in one of his poems:

‘Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen.’

I love this poem and practice it often. When a task or solution looks cluttered, I remove myself from the ‘work’ and suddenly solutions appear and I see a broader perspective and sharpens my creative power. It sounds simple, but for me it works.

I often remove myself from work just to do nothing. Without deadlines, alarm clocks or meeting appointments I feel free and unlimited. Answers to all my concerns then seems to appear out of nothing. I return with solutions and renewed energy. I am not talking about long holidays or traveling, just to go at a little distance. It can be a walk in the nature, a cafe visit in the city or just some other activity in another room.

Simply go away now and then and get some rest. A nap in the garden under the apple tree is effective if it is only an hour or two. The most important thing is that there is no alarm or deadline that day.

Balance in life and a great involvement in all my activities is something I make sure to do every day. I enjoy the activity for its own sake, not for the result. To go some distance helps me to avoid the daily routine and become more efficient. I love my life as a rose breeder. Enjoy working in the greenhouses and concentrate in the process of developing new roses. Touching and looking at all the beautiful roses that are on the way. Roses are my true passion in life. Again, I enjoy the work for its own sake, not for the result.

However, as soon as I feel that now I cannot see the solution to something I remove myself and then the coolest ideas for the beautiful new roses pops up. This was how both the Roses Forever and Plant’n’relax brands were created. Both great international successes that came out of my work in the greenhouses.

Leonardo da Vinci was a true archetype of the Renaissance Man, and his poem mentioned above is a valuable advice I am glad I have learned to follow. It creates balance in my busy life with the rose breeding. Thanks to one of the greatest intellects in human history!

