

## Chapter 5

### MOVEMENT THAT MATTERS



When we hit a wall because the people and projects in our life aren't working out the way we planned, we tend to apply more force. Frustrated, we take it up a notch, pushing even harder for success. The reality is that forcing an issue does not get good results. Getting caught up in the frenzy of seeking to control, we thrash around as though caught in a riptide dangerously being pulled under. Ironically, all we have to do is to swim sideways a few feet away to safety and freedom and flow with the current.

Flowing means creating balance in body, mind and spirit. To stabilize ourselves, sometimes we have to let the current carry us—yielding to that which we cannot control and trusting in ourselves and others. We can break up our life into moments and be satisfied with the moment. If a particular moment is frustrating, the next moment could be better. Sometimes we need to do absolutely nothing but wait and collect our energies. We might have to give up our preconceived plans, take a detour, or feel our way around intuitively.

When we flow, we become one with what we are doing, and we are graceful: Like a golf swing that emanates naturally from the golfer without his mind breaking up the swing into a series of prescribed movements. When we don't flow, it's like learning to dance. We concentrate so hard on getting it right, that our movements are forced; we forget to have fun.

Many of us are frustrated trying to control life partners, elderly parents and children—perhaps all at the same time. Although we mean well—"We know what's good for them," we have to respect the will and flow of others. Like love, we cannot compel, but instead, we set love free like a bird and

hope that it flies back to us. Jacob M. Broude aptly summarized what we all need to take to heart when the urge to change others arises, “Consider how hard it is to change yourself, and what little chance you have of trying to change others.”

### **Ease up and learn how to flow**

- ◆ If you are forcing an issue and are not successful, take a break for awhile. Trust that success will come to you from a power beyond yourself. Believe in a success that is much larger than yourself.
- ◆ Sit quietly in a natural setting and tap into your peaceful, loving self. Feel how large and infinite your spirit is. Absorb the landscape, whether an ocean, a garden, or a picture. Intuitive thoughts will flow freely and inspire you. They will come to you, sometimes in a dream.
- ◆ Play music that revitalizes and inspires you. Music provides the necessary stimulus to induce *flow*.
- ◆ Say *no* to activities or people who rob you of your quiet, relaxed time.
- ◆ Surround yourself with positive people to build up your energy level. We all absorb energy from others. Be careful and make sure to identify what kind of energy you absorb. Your movements in life will depend on it.
- ◆ Be patient with your goals. Tackle small, manageable goals. See what’s right in front of you and immerse yourself in it and appreciate this small accomplishment. Ease up on a deadline for your grand vision. A deadline is exactly that—a *dead* line.
- ◆ As things unfold, flow with the changes and accept different directions, criticism and detours along the way. You might find greater success and happiness than you originally envisioned.