

CLEAR SAILING

It's clear sailing for all of us.

Sure, there are obstructions, wind, tide, currents, shallow waters, other boats, all in our way. At the same time, most of the items we can deal with in advance. We can plan ahead.

Most of the time it's clear sailing for all of us. Let's stop and reflect on the clear sailing. It's good. It's great! Most of our sailing, or life, is clear and wonderful. It's what we have created.

There are always forces at work. We can fight the forces or work with them. In the olden days of sailing ships they would drop their sails and wait for the favorable tides. Rather than fight the tide and go slow, they waited for the tide to turn to help them, and then took advantage of the tide to go fast. Life is that simple.

Use the forces to your benefit. Plan ahead. Leave time. Sailors do not head into storms. They wait, and then they go when the weather is clear. If out in the ocean and a storm comes up, they shorten sail and adjust as needed for the storm. It's no different in our lives.

Everyone has been effected by the economic downturn. Everyone has made some changes in their lives, and their spending. Isn't it amazing how we somehow adjust, survive, and often see the silver lining in it all. People have found where they had been spending needlessly.

To have clear sailing, you have to chart a course and stay away from the obstructions. Life is the same. For a life of value and meaning you have to know where you are going and have a plan to get there. You have to stay away from negative distractions that drag you down. You can learn and grow or you can sit and vegetate. You can stimulate and engage your mind or you can cause your mind to go numb. It's your life and it's your course that you choose.

Some captains keep their ships in the harbor where they sit and rot. Boats and people are made to be 'out to sea' enjoying the adventure and dealing with elements, learning and growing, while heading to a new destination. Life is to be lived, not endured sitting in the harbor.

What happens when you speak with people close to the end of life? What do they talk about? It's their adventures, it's the exciting things they did, and the challenges they overcame. We make our own stories, we make our own lives. Make it a story worth telling.

Confidence is in the doing. Head out of the harbor. Take some small trips. You'll enjoy the clear sailing and the challenges. Soon you'll find yourself expanding your journey and reaching new harbors, new adventures, and new life.

The obstructions are a small part of life. Sail past the obstructions and feel the clear sailing. Chart your course, pay attention, plan ahead, learn, explore, and discover. You'll enjoy the adventure.