

Wind

What do you think about the wind? Is it good? Bad? Indifferent?

Wind is a fact of life. As I write this, the wind is howling outside. The trees are blowing, there are whitecaps on the water, and I can hear it howling even inside my office. I know that when I go out it will be cold, and I will feel the pressure of the wind against me.

The wind makes trees strong as they bend with the wind. It's like us and it's like life. We have to bend with the situation. The wind makes the trees grow stronger so that when a hurricane comes the tree has a better chance of surviving the hurricane.

Wind is a recourse, a friend, and a benefit. Wind produces power and electricity. Wind moves sailboats with no pollution and no energy wasted or even used. The sailboat uses the power of the wind to accomplish a journey. The windmill uses the wind to produce power.

The issue is your perception and how you harness and use the wind. Rather than fight a windy day, take advantage of it. On a day with no wind there are other things you can do to take advantage of no wind. On a calm day you can paint outside and on a windy day painting is sure not a good idea.

Before engines for boats, the sailors used to wait for the wind, doing chores on the boat while it sat. When the wind came up, they were ready, sails were hoisted and off they went to their destination.

I sail, and I use the wind to do so. Some days there is not enough wind to sail and other days there is too much. Sure, it can be frustrating, but there are also other things to do on those days. Most days the wind is within the acceptable range, and I can take advantage of it and enjoy a sail. The wind comes from different directions on different days, and that allows me to alter course as to where I am going. I take advantage of the strength and direction of the wind rather than fighting it.

The wind is like life itself. We can't change it, but we can change how we respond to it. Rather than fighting what is, react differently. Accept what is, and then determine the best response for yourself. Sometimes the best response is to do nothing. Other times it is to change course. Strangely, sometimes when we change course we find that it was the right course all along. Life does work in mysterious ways.

Life makes us stronger if we take advantage of the changes to learn and grow. Life would be boring and meaningless without the obstacles and challenges. It's those obstacles and challenges that create the fun, the excitement, the learning and the growth.

Let the wind howl and let life challenge you. You'll grow stronger, happier, and more fulfilled.

