

WHAT'S YOURS?

Mine is sailing. Sailing is my Zen.

We all have our own Zen type activity. For my wife, Cathy, her 'sailing' is gardening. What's yours?

To me, sailing is getting out on the water, with sails up, the wind in the sails, the boat heeling over, the waves rushing by, perhaps even a splash of water, the boat going through the water, and the only sounds are the hull cutting through the water and the wind. The motion of the boat, interacting with the elements of the water and the wind are magical to me.

It's Zen, to me, to feel the boat moving as one with the elements. The only noise is the natural noise of earth and the elements. There is no engine to disturb the peace and quiet.

Sailing always provides the excitement of ever changing conditions, views, wind and waves. It's magical to move along without wasting any energy. We use the air and the water and it's the same after we use it as it was before.

So, after a long winter and then a long spring of working on the boat, get to the point one can sail her, makes the first sail so magical and wonderful. Today was a ten of a day, a summer day in May in Rhode Island. It was warm, clear, and there was a nice breeze. There were many other sailboats out enjoying the start of the season.

So, it was Zen to me. I was able to sit on the deck, and be one with all that is. There was a peace and a contentment of being there. The time flew and I had not even noticed how long I was gone. I came back refreshed and invigorated.

I was so happy to have sailed and can't wait for the next opportunity. All the work in preparation was so worth it, just to sail. It's a labor of love and a lot of labor at that!

So, that's my sailing.

What's yours? What do you love, that you can get lost in, that gives you peace, and is so wonderful you feel great? What is that for you?

Now, knowing what it is, how often do you take advantage of it and do it? How often do you get that contentment and great feeling?

Most will say 'not enough'. Is that your answer, also? If not, great. If so, what are you going to do about it? If you don't do anything, if you don't take any action, it won't change. It can't change unless you change, unless you take action.

As I write these words I feel great, refreshed and ready to take on the world. You need to also. You can, you can just as easily as I.

So, do it. Do it now. Take the first step, make the decisions. Second, list the steps and put them on your calendar so that you can and will do them. It's your life, it's your choice.

If it's great, if it's your Zen, do it! You'll be glad you did.