



August 26, 2018 - Possibility Pause
#9 - Riding the River of Life

There are many stories using the metaphor of a river as life.
“Be the river.” - “Flow like the river.”- “Be the leaf in the river.” - “Let the river guide you.”

What images do we have when we see this river? A gentle flowing, curving, tree lined stream? Do you see the open Mississippi gently curving through the wide open landscape?

In truth a river is not stagnant. A river is not something that is just one size, one shape, one rate of flow. It is not always calm, always the same, always constant in its flow or even where it goes. It is an ever changing living thing that carves out the earth below it with its power. It is fed by the sky and moves the earth below with its changes. It is never stagnant. It is never still. It is never just one thing. It is alive, and we are in it!

We forget when we picture this River of Life that there are all those moving components involved in how the river flows. We see the river as a set image that stays the way it's supposed to and we are the ones who are in charge of where it goes, or being “in the flow” or swimming through it. We forget that the river itself is a living, breathing, moving being all on its own.

A river is the perfect metaphor for life. Sometimes life gives us a steady, calm, moving flow. It is easy then to be the leaf wandering in and out of the river's curves.

But sometimes a hurricane arrives. Sometimes the rain falls in sheets so heavy it pushes us down. Sometimes the romantic rainbow waterfall becomes a deadly raging wall that shoves everything in its path tumbling down the rocky hillside. Sometimes all we can do is hold onto a branch of a tree and pray for the storm to be over.

So much of the advice we get in today's independent achievement driven world is about our actions in the river. It's our fault if we get swept away, they say. We are not strong enough. We are not saying the right words. We are not doing the right things. We were not prepared enough. It is our fault.

It is not.

Life is a river! A river. Not a painting of a river, not a picture in our mind of a perfectly soft flowing river, but an alive thing that when the farmer diverts the water for irrigation,

we get less down the line. When the rain does not fall to feed us emotionally or physically, we dry up and life dies. When the rain falls too much and too much energy or stimulation or change comes our way, we can get swept away, our houses can drown. We can drown in the flow of it.

A river is not alone on its own. It exists with all these moving pieces and parts... most of which are hidden behind the surface, around the bend, up river from where we can see, or the sky that threatens rain.

We have to constantly adjust to the changes in the river. Just when we think we've got it all figured out, the weather changes. We are not solely responsible for the river. We are not even the only ones in it!

So today when the current starts to pull you one way or your gentle stream turns to a raging torrent, see into the possibility that you are not the river - nor are you responsible or in control of where it goes.

We are just riding the waves. We are feeling the flow. We are in the middle of chaos that life can be! Grab your board, your boat, what tools you may have to keep you afloat, and hold on. Learning to ride those waves is part of Living in Possibility. Have some compassion for yourself and be in the chaos, be in the waves, be in the storm, until the sun shines again.

For the sun does shine again, the water does recede, the rainbows appear, and the river does go back to the picture we have in our mind (if even just for a moment) before it begins to flow again.

Congratulate yourself for being able to be where you are in life. You have already navigating the river successfully! Every step along the way is an accomplishment. There is more to come, but as it does, know that you have done enough, are enough, and life is just riding the waves of a river that flows with or without us in it.

Your Optional Short Cut:

Take a deep breath, close your eyes, and tune into your heart space, and ask yourself:

“What does your river look like today? What do you need to know to navigate it best?”

What ideas come to you?

***** *YOU ARE A SHINING STAR!* *****

** These Possibility Pauses are for you to hit the pause button in your life for just a moment to get answers, ideas, solutions, and hope that you might not otherwise get moving through life on auto-pilot.*

Feel free to share your insights and the feelings you get from these Pauses with those in your life. If they wish to join The Star Shine Club, they too can get the Possibility Pause emails each week! We'd love to have them. Happy to have you!

Thanks for taking a moment to hit pause and open up to Possibility!

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You received this Possibility Pause because you are a part of the Star Shine Club! We are so happy to have you on the Path to Possibility as a member of the club. If you know of someone else who is interested, please direct them to JP or www.aworldofpossibility.com to get their invite.

Appreciate you, all you are, and all you do to bring life and possibility to the world, starting with your inner world!

Here's to the possibilities to come!