

## Best Laid Plans



What lies at the heart of our schemes, plans, dreams, and aspirations? Is it our personal preferences? Other people's idea of who we should be? Or is the Great Universal Spirit orchestrating our destiny through vibrational messages into the very core of our being? Do we, as a human species, need plans and aspirations for our very survival? Ahhh, survival-is survival merely living, or is it a life well lived? We may have that destiny encoded in our core but it is what we do in our

lives which mold our fate. We are multifaceted beings, amazing in our scope and vision. We love to try new things, experience all we can, and explore every corner. There are so many directions we can take and we are not limited to following one direction at a time. This may sound strange but think about how you think-unless you are in "the zone" your mind has a circuitous and serpentine route to its thinking patterns. Each initial thought may 'start in the box' but it doesn't stay there for long; jumping out of that box in an instant. This instantaneous traveling mind is valuable when you sit beside it, feel it, and allow your intuition to live in between each fragment of thought. True we may need intense focus and concentration when learning and performing, but when we are creating intuitively our thoughts reside comfortably in a mound of multifaceted thoughts. Most indigenous people when storytelling do not arrive at their point directly. When relating tribal legends, myths, and parables they take the circuitous route, allowing the listener to approach the story through their intuitive and emotional circuitry in order to imprint the information, keeping it in their memory.

It is how we acknowledge and use our talents, skills, and gifts while navigating through our existence in the here and now; and the attitude we take towards those plans, dreams, and aspirations. What approach do you take?

Every single one of us has obstacles showing up making a muddle of our future dreams, sometimes there are combinations of obstacles and barriers needing to be dealt with simultaneously. And yes, even those worrisome thoughts sneak into our minds that throw those imaginary obstacles right in the path of our goals, making us pause. We can use this pause to take a step back and look at the situation from the outside. Are we taking full responsibility in each situation or is there an element of self-serving bias? When we blame outside influences for having a negative effect upon our goals, projects, and plans we may be ignoring the large part we play in our own lives. Removing ourselves from the muddle gives us a chance to clear our minds, calm ourselves from the emotional attachment all of us have with our future goals, and resetting our mind to be free of emotional upsets and biases; seeing where our responsibilities are in these situations at present. What was done, what was not done, what was overlooked, where mistakes were made? When we are honest in our analysis the learning process can then take place. This enables us to possibly arrive at contingency plans which will set things moving forward once again; or set the entire original plan aside and begin working on a new one. We all know some of the anecdotes of famous people who made multiple mistakes before reaching a success point in their lives. Can we turn this disaster into positive action? I think of the 33<sup>rd</sup> hexagram (Retreat) of the I-Ching which reminds us to use times of retreat correctly, preparing for a counter movement. This increases the likelihood that solutions will be found to move us forward once again.

*With Gratitude,*

*Kai*