

# Ride the Wave

BY EVSTARR

There is a Zen story about an elderly man who accidentally falls into a treacherous river rapids leading to a high and dangerous waterfall. Onlookers feared for his life watching as he miraculously, came out alive and unharmed downstream at the bottom of the falls. People asked him how he managed to survive. *"I accommodated myself to the water, not the water to me. Without thinking, I allowed myself to be shaped by it. Plunging into the swirl, I came out with the swirl. This is how I survived."*

So many times, we go through life fighting the current, bucking the system, and going against the grain instead of allowing life to carry us along its meandering stream. There is a cliché that I use in the classes that I teach, "it's not *what* happens to you...it's how you respond to *what* happens to you." When we try and fight the current (circumstances in our lives) we end up stressed out, and expend a lot of unnecessary energy causing a ripple effect of one frustrating event after another. Try it this way, take a look at the hand you were dealt, change the cards you can and fold the ones you can't. Life is a gamble, sometimes you're the wind-shield, and sometimes you're the bug. Go with *the flow*.

Our bodies are composed of 70-98% water depending on what research article you're reading. If nature can move the tides of the oceans in and out with a wave span of 300 feet for a wind-generated wave and 10,000 feet for a Tsunami, don't you think our bodies are affected by everything in and around us? Some of you may remember the movie documentary that was released in April 2004 [What the Bleep Do We Know](#).

*"Empty your mind, be formless, shapeless - like water. Now you put water into a cup, it becomes the cup, you put water into a bottle, it becomes the bottle, you put it in a teapot, it becomes the teapot. Now water can flow or it can crash. Be water, my friend."* –Bruce Lee



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In this metaphysical film, there is a lot of conversation about the messages that we give to water based on the experiments of Dr. Emoto. Our words and our thoughts can actually change the molecular structure of water from dark, murky, ugly looking specimens to a beautiful crystalline snowflake design. Stay with me here, if our words and our thoughts can change a bottle of water...what do you think we are doing with our bodies?

There is a web site you can check out with mind-boggling pictures of these particular experiments, which will just blow you away, <http://www.wellnessgoods.com/messages.asp>. Life is about being one with nature, going *with the flow*. Imagine the massiveness of an ocean...now think about how one drop of water is one with the ocean. It is a single drop of water; yet not separate from the ocean...it is part of the whole. We need to think of ourselves in much the same way and become one with nature to remain in the ebb and flow of the natural rhythms of life.

I myself happen to be a fisherperson, (I'm not sure if that is politically correct or not) and have fished the Metroparks several times in the last twelve years or so. I remember times when I tried to cast my line into a furiously rushing river just because I wanted to fish. The stream would carry my line down that river so fast that I'd end up recasting and starting all over again only to have the stream carry my line with it.

Now the other fishermen were in the stream with waders on and walking along the riverbanks following their line with the flow of the river. I wasn't dressed in a pair of waders at the time and in no condition to wade the stream. The moral of the story is that I kept casting the same line in the same river and never caught any fish. I don't quit easily, but some may call it just plain stupidity. Instead of going with the flow of nature, I wanted to do it my way, which is why I ended up eating hamburger for dinner instead of steelhead salmon.

*"We must adapt to nature. Nature cannot change for us. If you try to fight the natural forces, they will overcome you. Because we are made primarily of water, it is easy to become a part of it."* –Unknown

The ocean can teach us a great deal about the rhythms of life. You must be able to recognize when you're in a current and when you're resisting the natural rhythm, be it your personal life or your business. How many times have you tried to force a situation such as a relationship long after it has played its course? How has that worked for you?

The planets orbit in perfect rhythm, there is a time and a season for everything...everything has it's own gestation period. So next time you find yourself up against the tsunami of life...ride the wave!

*Evstarr's spiritual journey has taken her coast-to-coast studying the various schools of thought. The ever-popular Treasure Mapping, Louise Hay & Prosperity workshops here in March & April...check website for times & locations. Check out her new cable TV show Reach for the Moon with Evstarr. Contact Evstarr@yahoo.com for speaking engagements & visit www.reachforthemoon.net for latest listings & to be added to her mailing list.*




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