

full tilt living newsletter

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Sticky Business

Getting stuck. We're moving forward, getting where we want to be and doing what we want to do, and then Bang! There's a wall in front of us. Forces natural and not-so-natural suddenly aligned against us. Mud up to our hubcaps. Downloads that won't. Dates that get cancelled. Great ideas that don't go.

Sometimes getting stuck can just sneak up on us, silently and without warning. It just appears one day, making everything we do seem like a looping series of re-plays. Tattered and time-worn. Our favorite stuff doesn't seem favorite any more. As a matter of fact, we don't seem to have any favorites. The shining moments, the great good times all seem to be gone. We are down there at the bottom of a rut with walls as high as

the Grand Canyon. With no clue how to get out.

What we have here are two sides to what is appearing to be a very unlucky coin. And I'd love to say that luck has something to do with it. Then we could just sit there and wait for our luck to change. Like the wind finally blowing up and re-filling our sails. But luck isn't it.

There are some factors at play here that we can take a look at. And maybe get some answers:

- We've got rhythm. It's the nature of our beast to experience cycles. Quick cycles that come and go so fast that we hardly recognize them. And long slow cycles. With the long slow ones, we may begin to get the impression that they're not cycles at all. They

are how things are now and how things will always be. But some part of our innate self-preservation recognizes these cycles even if we don't. And regulates them. Yes, you are doing this to yourself. You are allowing for the highs and lows, or should we say, the stops and gos. We are all very fond of the "gos." When get into "stops," we can feel like life has taken a highly undeserved dump on us. That could be happening, but most likely we are either giving ourselves some integration time or at a deeper, self-preservation kind of level are recognizing that we need to change direction. And in case you haven't already noticed, I'm going to tell you that the size of the "stop" usually begins small and gets

larger if we do things to over-ride it and just keep on roaring. The message here is to let ourselves have the rhythms. To look for signs in the change of our cycles so we can be on top of the shifts and move with them. Go for the "gos" when they're rolling. And do more than just sit out the "stops" when they happen as well. Mine them for all they're worth. If you come down with the flu, you're getting a time out and there's a reason for it. Check in with your self-preservation self and see what it advises. If you come up against a giant, stopping-your-world kind of "stop," you have some work to do, no doubt. Do it trusting that you are really just taking care of yourself. Remembering that "stops" aren't the end. They're a part of your rhythm and your "gos" will come around again.

- What is, is. We might get all cranked up about it and take it incredibly personally, but mud is mud and deep mud will definitely goop up our tires and cause us to lose that all-important traction. There's this little exercise that zen types love to pull out at moments when things get strange. It might save you some angst or at least cut down on the accusations/self-incrimination when stuff happens: We begin with a deep breath in and a long, slow blow out. Once more for good measure. Air is a very good thing. Now step back and pretend like this thing that has happened is new and fascinating. *Like you're an alien and you've never seen mud before. And wheels! Who would have thought that the humans would have figured them out! This is one for the inter-celestial record books!* Meanwhile, back on earth, your head's much clearer and

you're ready to do some problem solving. And get yourself out of the mud.

- This really isn't a lottery. And there aren't winners and losers except in contests. You can always set your life up as a series of contests if you like. Then you can have your wins and your losses, bad days, good days. Feel great and feel miserable. The part about this that is severely unappealing to me is that if you'd called it a loss, it's got nothing to offer. You're right up against that evil wall. Stuck in the stickiest way possible. Hard to envision your lemon as the basic ingredient in your lemonade.
- Never underestimate the power of blowing off steam. When the side of the coin you're on is the "evil wall" side it's easy to recognize the steam. The challenge in this case is to pick the best

blowing-off method for the occasion. Use your "I" statements and go easy on the expletives.

There'll be more folks around who'll be willing to help if you can manage to not have littered your field with casualties, physical or emotional, by the time your blow is over. Screaming and moaning with a little hair-pulling tossed in isn't bad either.

Throwing, twisting, stomping things, however, is out of the question. If you find yourself on the "deep in the rut" side of the coin, blowing off steam may be the best way to lift yourself out. It's not so easy to find a good head of steam when you're down there, I realize. You're going to have to build some up. Easiest route--exercise. This works because increasing your oxygen flow and working the stress and tension out of your muscles will relieve the feeling of

heaviness you may be experiencing. And be sure to give yourself a planned time and a routine for your exercise. You're most likely in a long, slow cycle and your lift-out may match the pace of the cycle.

Most of all, when getting stuck happens, be as compassionate and understanding of yourself as you can. And please, please remember that you've got lots of good stuff in you. Give it the time and the patience it needs to come out for you and it will.

And know I'm behind you all the way.