

ALL WE REALLY HAVE

In a recent conversation, a colleague mentioned a phrase popping up in business to describe the speed of change. The term was 'perpetual whitewater'. Life inside corporate America and all too often in our homes is moving like a class 5 rapid. How often do we stop and notice it is our ONLY LIFE that is moving at this pace? How often do we grab on to the outstretched log and watch the torrent of our life ... and ponder. Is this the life I am choosing? How does this life match what I value most? What is the legacy I am authoring? Whether there is intention or not, our daily choices are writing the script of our life.

In modern life the crime of seduction is constantly hitting upon our senses. The seduction of the material and the multi-sensory invites us to stray away from our soul. And when we blindly follow, we spin our wheels ever so efficiently, going nowhere.

When my kids were small, we had a gerbil. After dinner, we used to entertain ourselves by watching him run his little heart out on the wheel in his cage. We would giggle and laugh as he would go and go unaware that the wheel led nowhere. When he had expended all his energy, he laid tired and satisfied on his soft bed and slept. Sound familiar?

The Buddha said:

I am of the nature to grow old. There is no way to escape growing old.

I am of the nature to have ill-health. There is no way to escape having ill-health.

I am of the nature to die. There is no way to escape death.

All that is dear to me and everyone I love are of the nature to change.

There is no way to escape being separated from them.

My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

As you paint the canvas of your life - in your relationships and your work, what do you want to be the actions on which you stand? Today is really all you have. All

else is change – perpetual whitewater - and eventually you will bid your ado as well. What are your dreams? What do you want others to most love, respect and remember about you? What impact for good do you want to put your signature upon?

In a letter to my son when he turned 18 I said, “As you prepare to face this world in your over 6 foot body, hold precious and protect the sacred places of passion and vision in your heart. You are my son in whom lives the deep rivers of tenderness and creativity. You have an ear to hear the small still voice of your God, and feel the ache of the injustice and cruelty around you. The world will not encourage your tending to this voice, yet I pray that you are compelled to listen deeply and often”

Take – *No, make* – the time to clearly design the image of your influence. With intention, focus your actions toward the infrastructure of your life – your passion – your vision – your legacy — each day. Make it count. Regardless of the bells and whistles seducing you – today is really all you have.

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