

'Anklebiters' – Reminders to Operate from the Heart.

by Bob Rush



Watching the show ["Tin Man"](#) on the Science Fiction channel the past few nights gave me a few items to ponder and a little inspiration. I thought about little things that either tend to or want to trip us along the "brick road" to, in this case Central City or for me in reality, living the life I truly want. That's when I came up with the term "Anklebiters".

These are life's curveballs to us to keep us on our toes.

When I think of an anklebiter – I look at the unexpected financial debacle – throwing a precarious budget out into the weeds, clients who commit to your services only to be distracted by the glitter of bigger and better and other items designed to test your faith.

There are times in this journey that I truly want to say "Cut all this bs", this stuff just isn't working. Anklebiter #1 – **I want to control the timetable** – I want it and I want it now. Well the Wizard, or in this case the Universe just laughs and thinks, "Oh silly human – there you go again off the path". But I want to be the all powerful, I know best etc., etc. Tis here that I realize that I have to trust the universe, trust the power of my thoughts and trust my heart. As I sit here in a county office building pondering my future and wondering why I can't support myself full-time right at this moment as an equine massage therapist, it is my heart that tells me "Patience!" – It will happen.

Anklebiter #2 – **God, it's those flying monkey bats again.** When I get hit with an unexpected blow to my budget, my first response is that picture of Hiroshima – total destruction. Then the light shines, because as LOA teaches us – if I think destruction well guess what – I'll get all I need. But if I think about gratitude and the abundance that is at my fingertips – I open the door and all the channels for more.

Gratitude is about operating from your heart.

This is what the lead character, DG from Tin Man learned.

Anklebiter #3 – **Distractions - or look at all the bright shiny objects.** I think I have to remember that Rome wasn't built in a day, it takes time to take years of negative thinking and turn it around and I will not have a million dollars in my pocket tomorrow. Things have to be put in action, and a game plan of goals has to be set. If I operate with no set goals and a plan of action, how can I truly know what I want?

Again it is about listening to my heart first and foremost; then comes the help from my thoughts which in turns brings inspired action.

Sometimes in riding a show jump course, there is an old adage – “Plan your work and work your plan”.

Anklebiter #4 – **Less than genuine** – we have people who come to look at our operation for boarding all the time. One lady came and went through all the motions of looking at our place and basically wasting my time. The e-mail I got from her told me she was going to a place right down the road – and she gave me the operators resume and how wonderful she was. Everybody has a choice, but to get all the information in an e-mail that could have simply said – Thank you – I've found a suitable facility.” - She even went on to say maybe we'll see one another around. Why??? I decided the lesson here was there are those who operate from a place of guilt rather than from the heart.

On this road home to the life we want, we ought to be guided by our rudder – the power of our thoughts coupled with the action needed to see the goals through. To me, it is about operating from our heart. My head provides me with a rational filter but so far in life, my heart has always led me home, led me back to who I truly am. And so it was in “Tin Man”, DG found out that

the power comes from within – from our hearts.

Till next time.

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