

## THEMES



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### **Themes are master teachers. They can change the entire course of your life.**

OK. It's time to lean back and laugh with myself, a deep belly laugh that holds nothing back. And because there's no one in the room with me, I'll share this joke with you.

One year ago I chose **FLOW** as my theme for the upcoming year. This felt like a theme I could manage in my sleep and one I could live consistently without too much challenge. After all, FLOW is a common word, and unlike BLISS, FLOW didn't seem to require much interpretation. So as the New Year approached, I set my intention to flow effortlessly through 2007.

***With FLOW as my theme, I imagined many benefits coming my way.***

Creeks flow, ideas flow, wine and inspiration flow. FLOW suggested good things moving gently. So, holding this in mind, I entered the year expecting I would only need occasional reminders and minor adjustments to keep myself flowing happily.

The joke is I've been struggling with FLOW. Get it? Struggle and flow are opposites. I chose FLOW and then experienced months of time consuming, costly and frustrating events that in no way felt like FLOW. Oops, I was in my way again.

***I forgot that when setting a theme I open both ends of the pipe.***

Along with insight came weeks of practice flowing through events that really 'got my goat,' and just as many chances to watch myself resist in ways I had no idea were parts of me.

By choosing my theme of FLOW I set myself upon a learning curve that required transformation. But now I'm celebrating every insight and what has shifted within me. In hindsight I'm laughing in amazement.

***The theme I thought I could do in my sleep turned into a pivotal mirror as well as a path.***

I'm not yet done with FLOW because there's more for me to learn and always will be. I've definitely realized FLOW is more than an easy-to-spell word.

For now anyway, FLOW seems one of my keys to transformation. Truthfully, I'm intrigued with FLOW and I want to explore our relationship more deeply. My hunch is there are other levels to FLOW I'm yet to experience. And because this theme is dramatically changing my life, I'm sticking with **FLOW** for another year.