

Good Lord – This could be Fun

By Bob Rush

To enjoy the moment, to savor all aspects of good things, all points to remembering to live each day to your fullest potential. Way too much time is spent on thinking about one hour, one day, one year, ten years down the road. What if, what if – Oh God just slap me back to my senses,



Part of the fun of the journey are those little bolts of electricity that seem to run up and down the spine when I feel good, participate in good and experience good. Could the sound of “Good, good, good Vibrations” be far behind? I felt like this watching Big Brown run in the Preakness Saturday. The horse made it look effortless and a thing of beauty. I get chills now just thinking about it.

I encounter enjoyment when I work on a horse and can see the relaxation setting in and that non-verbal thank you being delivered. One of my most favorite reactions was a horse that would just absolutely go gaga playing with his tongue. It was hysterical to witness.

The little light bulb went off in the head – this is all a part of enjoying the journey – loving the process – not be so focused on the end result.

My step-father who was a man of many talents used to sit in front of the TV and do woodcarving. He would take a simple block of wood and transform into many amazing things. My most favorite was a fish jumping out of water in a twist. He would methodically just create little work of art while watching a football game or whatever. His passion was in the process. Reminds of the Zen of chop wood, carry water – it increases that sense of serenity.

Too often, I get caught up in the great hamster wheel of life, all the while thinking I am a prisoner to this insanity. Call Homer Simpson – I think I need a “D’oh” here. I do not have to get on that wheel. Why am I pushing myself off the cliff? I am supposed to smell the roses, right?!?

Another part of the fun for me is the experience of making new connections with people worldwide. This to me is a very special blessing and it is a heck of a lot of fun as well. There are so many individuals in the world with special things, talents and a presence to offer each and every one. And we have some blessed souls who have thrown together

an inspiring community so we may come together. Here is some true magic at work. Thanks Dr. Seuss for the story – *Oh, the Places You'll Go*. I'll throw in – *Oh, the People You'll Meet*; Even if it's only in the cyber portion of the World. Imagine the party if we all got together. I've moved to the bonus round.

The joy of the journey here is in the knowing that there are many like minded individuals like myself who feel these connections serve many great and inspiring purposes.

And come to think of it, I truly enjoy writing about the journey. I love a good spiritual read. It broadens the perspective. I also love a good practical approach or lessons in how this common soul tries to put these principles into practice.

The enjoyment of the journey is about a certain awareness of all things that are good, the gratitude we show daily, and a deep sense of appreciation about the divine nature of each of us.

All in all, it's worth the price of admission. Just get out of my own way. My wife and I galloped horses up at a local race track. She was good enough to break from the starting gate. There were gate attendants to each gate position. They would take a leather strap that looked like a dog leash and run it through a ring on the bit in the horse's mouth to steady them for a brief few seconds. What always cracked us up was when they would say "Tied on?" – You would nod and he would say "Let's ride". The gate springs open and off you fly.

So boys and girls – Tied on? - Let's ride!!

From further down the road,

Bob