

## Go With the Flow

Written by Gayle Nobel

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### Blog-a-thon- Day 10

Hmmm... &quot;Breathe&quot;.. there has been a lot of that needed the last two days. Kyle is doing better today, but still not himself. &quot;Go with the flow&quot; keeps coming back to me. It's hard when it's a situation that is less desirable and not in your control. But really, where else is there to go anyway?

This morning, when I did my daily random No Place Like Om inspirational card deck (<http://www.noplacelikeomyoga.com/>) pick, here's what I chose:

### Go with the Flow

*&quot;The benefit of flexibility is often made in the analogy of a tree which will break in a strong wind if inflexible and stiff, but can bend and sway in that wind when soft and allowing. Likewise, a person who is unbendable and rigid in his ways, beliefs and attitudes can be broken by life's impemance and surprises, whereas one who can go with the flow of life and is open to what may come will weather the trials that come his way and perhaps even flourish.&quot;*

Sandi invites us to take an action.

*Notice your reaction when things don't go the way you had hoped they would or when the result is something unplanned (autistic child, perhaps?). Are you able to be flexible and go with the flow, or do you react rigidly and not allow for change? Journal your insights into your behavior without judgment.*

Great food for thought, don't you think?

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