

Surfing: Life's Reflection

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Here I am again, caught on the inside. How did I get here? Was the wave I took worth this battle? Look at all of those people sitting out there, rejuvenating in the line up. Should I just go in? Why do I keep paddling? The longer I whirlpool here, the clearer I get about the reflection surfing supplies in my life. There are times that life makes me feel like I am caught on the inside, I just can't catch a break. I am there cycling in stagnation, tired, frustrated, contemplating giving up. Other times I am in the flow. Waves like opportunities attract like magnets. I accept the challenge, take the drop and ride all the way to the inside.

Surfing is a multidimensional snapshot of life and life of it. If I take the challenge that magnetically presents itself to me, I have nothing to lose, so much to gain. If I eat it, I will position myself differently next time, for I am now more familiar with the way things are lining up in that particular moment. If I get caught on the inside because I made a mistake, I am building myself stronger internally and externally the longer I am there. When I am successful in my action, I have a window to try new ventures, new maneuvers, put a fresh tool in my belt. When my self reflection is a bit blurry, I know what I need to do: make the time to do what I love, for even when I am caught on the inside I am confident that I am growing, pushing my limits, taking time with myself and living in the moment!