

# HOW OUR SHIP SAILS

How do we manoeuvre ourselves and all of Nature  
across the stormy waters of our time?

Words by Louis Bohrtlingk

**W**hat can we do in these difficult, divisive, and stressful times which can be so inwardly upsetting? All of us can feel what is happening in our collective space.

Each of us has a resource of endless positive energy inside of our heart. I propose that we assist each other to find that love, its clarity, and strength. We can tackle our issues from that place and see what constructive actions to take. We can stand up from deep within and come out with what we truly feel.

To bring everything that is going on and everyone into the warmth of our hearts, everyone can use loving and caring support, however hard their lives may be. Care in action on every level of our societies. This is what I am trying to say with **the heart as the new normal**.

Let's take a closer look at the five masts with their sails that I imagined as I was reading Nancy Roof's not very easy life story (page 8,9). How they can help us sail across the stormy waters.

## SAILING ACROSS THE STORMY WATERS

### 1) Inner listening

It is living from the inside out. To hear what many describe as the small inner voice or whisper, assisting and guiding us.

### 2) Bringing in higher values

Examples of higher values: courage, integrity, respect, compassion, kindness, communication, honesty, openness, creativity, friendship, loyalty, and trust.

### 3) The heart as our pathway

In order to safely and effectively cross the stormy waters, we need to listen to our heart and its intelligence.

### 4) Beauty as a portal

Nancy Roof: "The extraordinary healing capacity of beauty. One magical precious flower softened my heart and destroyed my fears. It has led me to experience the deep calmness and love that surrounds us even in our pain."

### 5) The Law of Attraction

It defines our ability to attract into our life what we focus on. The true definition of the Law of Attraction is like attracts like. Every moment of our life we create our own reality.



## MOVING AT A STEADY, HAPPY PACE

One day, while driving my car, I felt a sudden jolt in my back and inwardly heard: "You work too hard."

I was surprised by this, because I feel that in general I take things quite easy. I felt quite emotional hearing this, so there was clearly something going on. The next morning I received an inspiration around operating at two speeds. I called them pace 55 and pace 45.

At pace 55, I can be busy with something and then, without integrating what I have just done, I immediately switch over to doing the next thing. Basically doing one thing after the other without breathing in between.

At pace 45, I do not act like this, I slow down, enjoy everything I do, breathe as I do things and am much more present in the moment. I am also fully conscious of being in my heart. Here is a list of what I experience when I operate at pace 45. I am:

**Present**  
**Connected**  
**Inspired**  
**Calm**  
**Centred**  
**Grounded**  
**I listen attentively**  
**I care for every detail**  
**I can wait - am patient**  
**I act in a steadfast manner**  
**I am happy**  
**I am satisfied**  
**I am myself**