

More Wisdom from **Gently Down The Stream** Matt Weinstein and Luke Barber

Go With The Flow

If you want to succeed in life and work, it is important to realize that reality is constantly fluid and changing, and that there is no one “true” way to see the world. Once we learn to be open and flexible to what is happening around us, once we learn to “go with the flow” of reality, then it is much easier for us to travel “gently down the stream.”

---From Chapter 13 *There Are Many Ways To Look At The Same Situation*

When we allow our life to go gently down the stream, we trust that whatever happens to us is exactly what is supposed to happen. That doesn't mean that everything that happens will be “good” all the time. It simply means that we are open to the notion that we can find meaning and value in life no matter what happens to us at any given moment. It means that we are not invested in a particular outcome to any given situation

---from Chapter 15 *Developing Basic Trust*

Whenever I find myself in stressful, difficult, negative situations, I ask myself, “What would water do? It helps remind me to flow instead of struggle.

---from Chapter 16 *What Would Water Do?*

When we can let go of trying to control those things that are really outside of our control, then we can choose a path that makes our lives better and less stressful. Only then can we truly flow gently down the stream.

---from Chapter 17 *See Things As They Are*

Negative situations are called “burning problems” for a good reason--- if you

hold on to them too tightly, you're sure to get burned. When holding tightly to that burning problem begins to cause you pain, the best thing you can do is to just let it go.

---from Chapter 20 *Let It Go*

Learn To Think Differently

The practice of looking for excuses for failure can become habitual – a habit we want to avoid. When we row our boat toward success, we want to leave excuses behind in our wake. The habit we want to form, instead, is the practice of taking personal responsibility.

---from Chapter 5 *Carmichael Did It*

When we can open ourselves up to looking for solutions that are counter-intuitive, incongruous, and even ridiculous, then we will often discover a result that makes our lives better and more successful.

---from Chapter 3 *A Very Big Box*

When we learn to think like a child, we look at the world with deep wonder, fresh eyes, profound innocence, and with appreciation for the immeasurable possibilities and opportunities of life.

---from Chapter 4 *Think Like A Child*

Learn To Play the Fool

We all have a fool within us wanting to come out to play and to help us go more merrily about our lives.

The fool's role has traditionally been to invite others to take risks, to encourage them to try new things, to leave their zone of safety, and in general to explore

life more fully. Most important, the fool helps other people to avoid taking themselves too seriously.

---from Chapter 27 *Playing The Fool*

It is not just individuals who can find great value from playing the fool--- groups and organizations can benefit from displaying their fool-like qualities, as well. Organizations who intentionally cultivate boundary-busting activities such as taking risks, trying new things, creating rituals, and laughing together soon discover that they have banished terminal seriousness from their place of business.

---from Chapter 28 *The Organization as Fool*

Life Is But A Dream

When our days are filled with laughter and play, then our life becomes a dream. When we can lighten up and laugh at ourselves, we can turn nightmares into dreams. We have the choice of habitually suffering the pangs of terminal seriousness--- or we can laugh out loud and have the merry heart of the wise fool.

---from Chapter 32 *The Importance of Habit*

Simply put, our life becomes a dream when we are following a path that we really love – a path we have freely chosen and not one that has been chosen for us. Success is about shaping an external reality that is in harmony with our internal passion. When we have clarity about what real success will be for our own unique self, then, rowing and flowing merrily, we will be able to say with Lewis Carroll, “What is life but a dream?”

---from Chapter 31 *Life as a Yardman*