

## What's the Rush? or How Rushing Slows You Down!

Do you ever find yourself in a rush? Can you describe the feeling of rushing? Rushing is often confused with speed. Rushing isn't the feeling of being fast; rushing is the feeling of being ahead of yourself.

*Rushing is the feeling of being where you are not!*

The tension and grip of rushing interferes with speed. It also causes the tendency to knock into things and have minor accidents since your attention is somewhere else--out ahead of you. Friday afternoon is the most common time for workplace injury. Moving quickly requires freedom of movement, ease and balance. It isn't at all what rushing feels like.

People often work with me to address physical concerns. Many times the cause of the symptom has less to do with what they know about the body than how they are going about life. You can be the Master of Body-mechanics and if you are rushing you will move inefficiently. You cannot be physically efficient and rush. It is impossible because your body is always in the coordination of what you are up to with your intention and attention, both of which are ahead of you when you rush.

It can seem impossible not to rush. Once a you feel the uselessness of rushing and experience the ease that is speed, it can practically change itself. A student described rushing on her way to work. She said, "I noticed I was in a rush and asked myself, "Do I need to rush?" The answer was, 'no'. I wasn't even late! So I just stopped." How often are you rushing erroneously?

The next time you find yourself in a rush:

- Notice the specific sensations of rushing: tension in your jaw, gripping in your body, being off balance.
- Notice what your focus is on. Are you ahead of yourself or thinking about what is coming next: the next bite, already in the car, what you'll do after you read the e-mail...?
- Ask yourself if you need to go quickly now. If no, then just stop rushing.
- If yes, then notice where you physically are and where you want to be. Say to yourself "Here I am and I am on my way there. I am getting closer with each step." In a demonstration I have people see the distance closing as they walk to the destination. If you are doing a task, like stacking firewood, say to yourself I am loading this piece and this piece and so forth. This isn't about slowing down, it is about being where you are even as you hold the intention to get where you are going.
- Lighten up to move quickly. *Find out* how quickly you can move rather than move as fast as you can. The later framework tends to invite a rush.

Do you often have more to do in a day than is possible to get done? Do you even know what is possible? This is a setup for stress and rushing. The stress isn't the problem. The stress is the sensation of trying to do the impossible. Your body tension is NOT the problem; it is a wonderful signal alerting you to what your are trying to do. Your idea that you can get so much done in a day is the problem. As my teacher David Gorman says, "Nice idea, wrong universe." The sooner you align your idea/desire with reality, the easier life is.