

Introduction

It was a beautiful day. He was flying very low because he wanted to maximize the enjoyment of the scenery. And then, he made a mistake. He stalled his airplane. No problem. He was well trained and knew very well how to correct the problem.

Then he made another mistake. He pulled back on the stick. It was a rather natural reflexive response as he felt the plane falling toward the ground. Pull back and the nose should go up, right? Wrong.

The correct response would have been to point the nose toward the ground and increase the speed so that the plane could regain the lift under its wings. If you put yourself in the situation and try to imagine moving even more rapidly toward what you fear, you might understand better why he pulled back on the stick.

Unfortunately, his ill-timed reactions cost him his life as well as the life of his passenger.

Life is often like being trapped in a stalled airplane. Our instincts compel us to fight against the energy dragging us toward some outcome we fear. And yet, resisting sometimes makes the outcome so much worse. Our capacity to go *with* the energy may make the difference between a good outcome and a disaster.

Imagine for a moment being on the back of a runaway horse. Your instinct, similar to the airplane scenario, is to pull back. This will often cause the frightened animal to rear. The correct reaction is to redirect the energy. Turning the animal in a circle allows the rider to regain control, while avoiding the most dangerous aspects of the running animal.

Knowing the right thing to do takes training and practice. Even then, you may not be able to override your beliefs, which will often sabotage your ability to act correctly. For this reason, humility may be your biggest ally. When you think you have the answers, you are often headed into the dirt.

As you can see, understanding the underlying forces in any situation can be quite important. When it is not clear what those are and how they are impacting reality, you will often solve the wrong problems or solve the problem wrongly.

