

Flexible Thinking

The Mighty Oak

The oak tree is mightier than the palm tree. It is big, strong, stiff and unyielding. As a result, it is inflexible, and can fall and die as a result of strong winds.



Stuck, rigid, closed

The Swaying Palm

The palm tree is smaller and flexible. It can bend to the ground in a storm, before standing again and continuing to live after the storm has passed.



Open, flexible, adaptable

So it is with our minds. A fixed and rigid mind means being very closed and is much less healthy than a mind that is open, tolerant and flexible.

The hard and the rigid will break. The soft and the flexible will remain.
Tao Te Ching

It feels like we're in a hurricane, but eventually, the hurricane will run out of energy.

We might adapt and do things differently in spite of the weather. We have calm and sunny days, and there are stormy days, but we still have choices about how we react to that weather and what we do.

We can learn to notice when we are being a rigid oak, and become more flexible and open by allowing those winds of thoughts, images, words and feelings to blow on through and let them pass.

Minds are like parachutes - they only function when open.
Thomas Dewar