



Tips to keep you airborne!



On life and dropped socks

April 2021

If you're surprised to be hearing from me again so soon, it's probably because I'm trying to walk the talk, having suggested in last month's post that Parkinson's Law can help restore some semblance of mental and emotional order to the production mix! (Click here in case you missed it.) As such I've pre-determined that April 7th is the time available for this post's completion!

I hinted last month that I might mention the Second Law of Thermodynamics this time round, so... drumroll...here it is:

In all energy exchanges, if no energy enters or leaves the system, the potential energy of the state will always be less than that of the initial state.

Do you find that interesting?

Put simply, the amount of energy available to make things happen will decline over time and entropy will prevail.

Entropy means everything tends towards chaos and disorder. This everything can include our minds.

If we choose to be passive, things within us and around us will not stay the same and will fall apart.

This can include neural networks, muscles, relationships and dropped socks to name a few!

Imagine this...if I unwittingly drop a sock behind the washing machine (I did the other day) and don't 'enter that system' and try to retrieve it right away (I didn't because I couldn't be bothered at the time), there'll be less energy to do it later.



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259

You know the score...when you let stuff pile up and don't deal with it, chaos ensues.

Just the thought of dealing with it all makes you feel exhausted...a bit like my desk today before sitting down to write this...dust, coffee stains, files, books, random bits of paper with 'important' scribbled notes on them and one whole drawer stashed with items so important yet so abandoned that I have no idea what it contains. Obviously very important indeed.

I was staring at a lot of 'dropped socks' and feeling drained. The visible 'too-hard basket' now added insult to injury.

It's no coincidence that when I was fumbling in the semi-darkness to find a book to read the other evening, Marie Kondo's *The Life-changing Magic of Tidying* fell off the shelf.

In a nano second, I decided to enter the energy system and pick up this dropped 'sock'.



Kondo references the well-known saying that a messy room equals a messy mind and when the room is clean and uncluttered you have no choice but to examine your inner state and the issues you've been avoiding.

There's no doubt that the busyness of life and daily stressors can make our minds messy and we can lose altitude and feeling of joyfulness and 'on-purposeness' when the winds and the waves get rough and tough.

Did you know that using smartphone technology, over 2,000 people in the United States took part in a study that asked them three specific things...namely, what they were doing, what they were thinking and how happy they felt?



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The results, published in Science magazine revealed three important facts:

1. 47% of the time, people weren't thinking about what they were doing.
2. People were unhappier when their minds were wandering than when not.
3. What people were thinking, as opposed to what people were doing, better predicted how happy they were.

So, what's your take on that? That a wandering mind comes at an emotional cost?

If so, here's a powerful antidote to consider for your wellness toolkit... mindfulness meditation.

A couple of minutes of daily practice over time will stop the mental 'socks' from piling up and leave you with a feeling of calmness and equanimity as you imbue life's weather systems with mindful intent, all the while keeping entropy at bay.

Hmmm, a couple of minutes of mindfulness meditation...now that's a thought. I might just take myself up on that offer, that is after I've retrieved that sock.

So, let me leave you with thoughts of picking things up as they fall, be they metaphorical or real, and perhaps consider the thought of a minute or 15 of daily mindfulness meditation to keep entropy at bay as you go about your day.

Till next month, here's to mindfully entering systems...

Caroline

PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things AIRBORNE, including mindfulness meditation. Hit the reply button to this email with "yes, more information please".

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