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Thank you for adding richness to the texture of the stories in this new book.

FLOW: How to turn your stumbling blocks into stepping stones

Author: Brenda Eckstein

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In appreciation, we have attached a copy of one chapter, straight from the book.

BOOK 1 OF THE **F L A G S** BOOK OF IDEAS
FLOW LEAD ADVANCE GROW SERVE

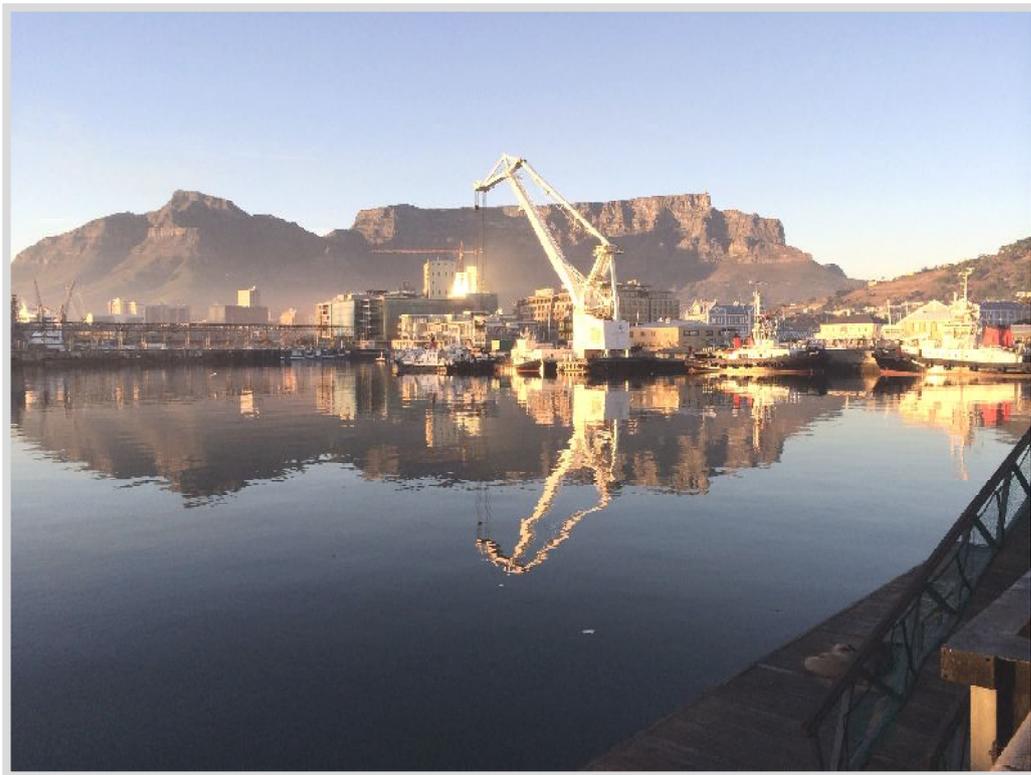
4. THE CLIMB

“When we reach the mountain summits we leave behind us all the things that weigh heavily down below on our body and our spirit. We leave behind all sense of weakness and depression; we feel a new freedom, a gentle exhilaration, an exaltation of the body no less than of the spirit. We feel a great joy.

The religion of the mountain is in reality the religion of joy, of the release of the soul from the things that weigh it down and fill it with a sense of weariness, sorrow and defeat. The religion of joy realises the freedom of the soul, the soul’s kinship to the great creative spirit, and its dominance over all the things of sense...

The mountains uphold us, and the stars beckon us. The mountains of our lovely land will make a constant appeal to us to live the higher life of joy and freedom.”

Field-Marshal Jan Christiaan Smuts (1870-1950)



Cape Town's Table Mountain

Each one of us has mountains to climb. Sometimes we need the courage to take risks, to start that climb. The ascent may be very tough, as are the decisions along the way. At any point, do we wait until conditions improve? Is it wise to turn back? Sometimes it is great to share the moment of summit with a guide.

Please use these reflective questions:

- What mountains have been your greatest challenge in the past?
- Which have you summited most successfully?
- What does that feel like?
- How would this help you to feel as though you were in a state of flow?
- How can you use these victories to face the hills and mountains ahead of you?
- As you reach the summit of the next mountain, if your head were to write you a letter, how would it be worded?
- What might your heart say?
- How would you be behaving?
- What stumbling blocks are there to your reaching an even higher mountain?



The climb

Reflection and generalisation

Three of my learning points through reading this chapter:

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Active experimentation

As a result of the above I am going to take the following action:

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