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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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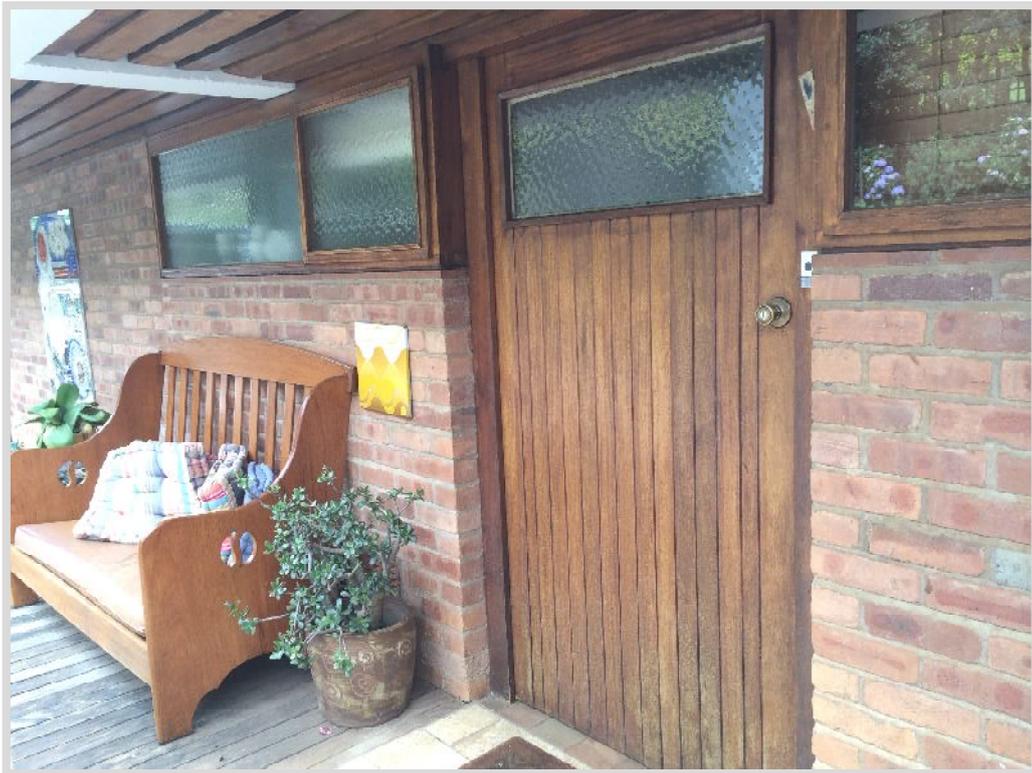


In appreciation, we have attached a copy of one chapter, straight from the book.

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

3. THE DOOR OF THIS HOME

Entrances are important. They mark a boundary, or new beginning. Arriving and crossing that threshold is important to me.



The door to my home

In addition to viewing the writing below literally as a blessing for your home, my invitation is to use this as a metaphor for other areas of your life. Those of us who are Integral Coaches could use this effectively as a distinction for our clients – and for ourselves. This would help amplify the journey from current to future narrative.

For example, blogger Virginia Carlson says:

‘This writing is offered to encourage you to experience nature with an open mind. Being out in nature, in a sense for some, is like being welcomed home. It is a place where all burdens can be temporarily set down upon the ground or blown away in the wind. The distractions of animals

ease your mind into calm. Other aspects of nature such as snow, flowers, little buds on bushes or leafing trees stir a sense of rebirth within your spirit. Breathing in the crisp air, you can feel refurbished while your body physically stretches itself with rekindled energy.'

*May the door of this home be wide enough
to receive all who hunger for love,
all who are lonely for friendship.*

*May it welcome all who have cares to unburden,
thanks to express, hopes to nurture.*

*May the door of this house be narrow enough
to shut out pettiness and pride, envy and enmity.*

*May its threshold be no stumbling block
to young and strained feet.*

*May it be too high to admit to complacency,
selfishness and harshness.*

*May this home be for all who enter,
the doorway to richness and a more meaningful life.*

The Siddur of Shir Chadash

I'd be interested to know what opportunities this article might have opened for you.

- How has this writing and its use as a metaphor enabled you to see something differently?
- How many different doors are in your life at present?
- What can you do to see what lies beyond?
- By opening doors, how will you more easily be able to recognise and optimise opportunities?
- If the door itself is a stumbling block, how can you turn it into a stepping stone?
- How will opening the door help you to reach a state of flow?

The door of this home

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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