

LIVE A THREE DIMENSIONAL LIFE

We are conditioned to make certain movements and seldom, if ever, others. The physical, mental and emotional movements that are least familiar to us, those areas of our body and mind that we seldom if ever utilize, those are the areas we tend receive the most injury and negative feedback from.

Physically we move in basically three directions, one all the time, the second some of the time and the third hardly ever. This third direction of movement is where most of the injuries to the lower back, as well as other areas of the body, occur. Sitting and standing, walking or running and reaching up high to grab something, etc., this is known as the sagittal plane of movement and encompasses most of our daily activities, forward and backward. As we move through a crowd “side-stepping”, in sports we might side-step (left and right) to block forward movement of the opponent, this is the “frontal” plane of movement.

The movement plane that gives us the most trouble and provides the most pain as the result of injury is the “transverse” plane, twisting at the waist as when lifting groceries from the trunk, lifting your child and turning at the waist, even golfers struggle from this plane of movement. All of these maladies are routinely handled by the application of a sound sports medicine and exercise regimen. There are many inspirations for correcting these problems; the ability to play with the grand kids, playing golf or other sports and physical activities. Luckily there are even people who will inspire this conditioning, corrective and preventative approach, i.e.; personal trainers, doctors, etc.

But what about our mental and emotional conditioning? Are we conditioned to think on all “planes” of mental and emotional thought? Can we mentally or emotionally turn-on-a-dime when the conditions necessitate? These may seem like silly questions, but look at the make up and entirety of how we operate and whether or not we have a regular training regimen in place to keep us on our toes in life and business. While some may walk a mile or two in the evening, are they returning home to read ten pages in a mind-expanding book on a regular basis?

It seems there is a tendency to become familiar with what is comfortable and therefore little if any growth occurs. So, what to do?

If we accept the notion that a personal trainer can inspire us to do great, semi-great, or even just a little better than we are doing now – Why should we accept anything but the same dedication to our mental and emotional conditioning? The reason lies in the fact that we can actually see the physical trainer is *preaching what they practice* and he or she presents a solution for us; we can see and feel the incremental improvements in ourselves while participating in a conditioning program.

We don't get the same immediate results from a mental conditioning program so we tend toward the status quo or find ourselves sold on the fast-track-to-freedom systems. The only thing these fast-track systems do is make us feel good, like we are actually doing something... A kind of false (or negative) inspiration.

From a faith driven perspective we can see that there are spiritual disciplines available to us and they seem to work by observing the inspired and oft times joyous people we encounter while on our quest for emotional empowerment.

It's a whole different kettle of fish while in an inspired search of mental acuity by way of instruction through seminars, etc. In this arena it may be best to take the more conservative, time-honored approach and dig your heels in readying yourself for a true inspiration to drop in... Now!

They are all around us, the people places and things we need to start building the mental and emotional arsenal that will set us free, allowing us to inspire others to greater heights.