

<http://www.flickr.com/photos/23270024@N03/3713432988> There are too many distractions in our world that readily assail us at any juncture. Whether it's work, or life, or relationships, or family, or any combination, it's easy to get caught up in the stuff. Suddenly, stuff drives your day. And as they say, don't sweat the small stuff, right? Well, a lot of stuff suddenly makes your day full of cognitive stress. <p>It is no small wonder that I don't run with an iPod or mp3 player, simply because I find this to be a great time to get away from all the distractions of daily life. The peacefulness of hearing my feet strike the ground, my breathing, and then, my thoughts. And then the moment. That precious moment. And another. And another. It's almost like a string of pearls each moment beautiful of its own accord, strung together one by one. A time when all stands still, when stuff just doesn't matter, but the moment does. </p> <p>Today's 3M [is as it is.</p> <p>Amazingly enough, letting go isn't being stagnant it's truly more dynamic. It's when you feel the love in your world, comprehend it, and have full capacity to bask in it. It's when those that care about you make their presence known. And it's when things that don't matter well, they really don't matter, and you realize it, and let them go. As I was once told, the universe will provide. Imagine that.</p> <p>It was the least amount of training that I have done to prepare for this particular race. And over the past two months, it was the most cognitive stress that I have had in many, many years.</p> <p>Until I just let it all go. And ran.</p> <p>It was my best half marathon since 2006. </p> <p>The universe spoke. Lesson learned.</p> <p>Photo credit: <http://www.flickr.com/photos/23270024@N03/3713432988>>abesselink</p> <div class="zemanta-related"> <h6 class="zemanta-related-title">Related articles by Zemanta</h6> <ul class="zemanta-article-ul"> <li class="zemanta-article-ul-li">Deep Breath \(distractable.org\)](http://en.wikipedia.org/wiki/Half_marathon "Half marathon")

Letting Go And Running With It | Allan Besselink

Written by Allan Besselink

Sunday, 24 January 2010 13:40

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