

Forward vs Backward Momentum

Post by “Pacatus” of September 24, 2024 at 4:14 PM

[Julia,](#)

I relate to your question. Even in my elder years, I seem to spend too much time in the lower region of your diagram. I have learned (a lot of it on here! but elsewhere as well) perspectives for dealing with that. But, as Ram Das once quipped: “The most difficult thing is to remember – to remember!”

So – eventually (in my ADH[D] labyrinth*) I remember to come back. And sometimes I do find myself in the upper region of your diagram.

A sports analogy: Athletes want to get into “the zone” – where all they do seems easy, even effortless. But that “zone” does not always seem accessible, let alone permanent – then the athlete deals as best they can.

So: I’ve had those moments. I expect to have them again. But, till then, I’ll deal with the “Epicurean calculus” as best I can – and move on.

I doubt any of that is helpful. So I’ll just wish you well and all wellness, for what that might be worth. 😊

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* As I have noted before, I reject that final “D” – it’s not a disability, just the way my hypertexting brain works. Sometimes for the better ...