

The Back-Ball Strategy

By David Mesicek

Often times the answer to a problem is found by just changing your point of view. JFK put it in a good way after the Cuban Missile Crisis, "Our problems are man made; therefore they can be solved by man".

The other day, I was laying upside down and completely arched back on one of those big red back-balls at the gym. What an amazing feeling of relaxation - I was able to totally let go, relaxing all my muscles as I transferred the duty of maintaining my body structure to the ball. I enjoyed the relaxed sensation tremendously and being of a curious mind I called up a few physician friends who might be able to shed more light onto the science of my newfound Zen state. None could give me an exact reason for this phenomenon; however they all mentioned that it has to do with some aspect of spinal alignment...*thanks guys.*

Try the back-ball thing.

When your mind is released from the task of having to control major parts of the body, a feeling of clarity can often initiate deep thought. This deeper thinking is what often provides us the ability to look at a problem from a different perspective. This new perspective leads to a process of analysis that is often unconscious. When our unconscious finally decides to let our conscious know what it's been up to, a brief moment of genius strikes and clarity is realized. That answer from last night's Jeopardy springs into light, your nursery school teachers name comes out of nowhere and that perfect response to your clients question earlier in the day is all of a sudden so obvious.

Excitement grows and you want to run with these new ideas. You clumsily dismount the back-ball and hurry to the locker room to change. Problem is that by the time you get to your car you've already lost half of the really juicy parts of this new idea and you start to doubt your moment of clarity and question why you can be so weird and disjointed at times.

This is the classic result of loss of clarity.

Clarity emerges when a perfect balance is created between your body and mind. It wasn't till about a year ago that I first became fully aware of clarity. It happened one night while driving in a snow storm to a friend's house. It came out of the blue, I felt great. I was focused on the task at hand (driving), I was not distracted by all the usual distractions we deal with in our day-to-day (ringing cell phones, current political issues, cars honking, stress) and rather mesmerized by

the peacefulness of a wonderfully pure and fresh snowy environment. My headlights shown upon a perfect velvety white world and I wanted to neither take nor remove anything from this moment.

Antoine de Saint-Exupery once said; "Perfection is not reached when there is nothing to be added anymore, but when there is nothing to be left out anymore". Clarity is the realization of perfection. It can only be realized in a perfect moment. Laying on that back-ball was a perfect moment. It took me the combination of these two experiences for me to fully comprehend the idea of clarity and its awesome power.

So how do we experience clarity?

A not-so-specific process must take place. First, define the elements of your life. No more unrealistic goals, no more unwanted obligation and no more false sense of personal reality. Balance is next. Only with well defined elements of life will a natural balance be created. Once balanced, clarity may begin to emerge. This process may take a lifetime for some, an instant for others and sadly may never occur for the truly muddled soul.

Clarity can exist for a year or a millisecond. But time has no relevance in clarity. It may only take a millisecond to see the answer to that problem or realize that perfect moment. Don't waste your experiences with clarity as they are the children of your mind. Nurture and grow them, as they are your insights to happiness and success. Try the back-ball strategy for obtaining insight and experiencing clarity but remember the process that needs to unfold first for it cannot be rushed.

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