

Travelling, in my experience, is a recipe for “losing your flow” I have always struggled with travelling in time, going back to my roots which are now so different to how I live and keeping my balance. I start questioning decisions I have made in another space, another time, when I was thinking a different way with different influences in another flow. So my last trip to UK I decided to test my Tempo wheel and really try to stay in my Tempo that I have created, the one that works so well for me at home in Mosman. My philosophy is that you can be happy anywhere. We all need (or want) certain things to keep us happy, from basic needs like food, shelter, warmth, to less basic needs of comfort, relationships, fun, connection, to other desires such as entertainment, shops, material possessions. Well however we get these, they are there in most places in the world. Certain people are not fortunate enough to have even the basic food and shelter, but most have way more than they need and still complain. So when I get taken out of my comfort zone and into another time and space that is unfamiliar, it is good to test my philosophy. So on my wheel, I have walking. I love walking. I have a great walk that I enjoy at home which travels around the edge of the forest, past beautiful beaches, it's stunning and I feel great after I walk it. Here in Southam I don't have the same walk and my initial reaction is, oh it's too muddy, it's too cold, I don't know where I'm going, I don't have anyone to walk with. But then I remember how much I LOVED the walks I did last year with John. Yes it was less muddy, I had his company, but there's nothing to stop me enjoying the walks right now. I'm feeling a little “stuck” a little claustrophobic and need some space so off I go. Through the thick, sticky mud, cold wind, rain. And yes I LOVED it. I found myself taken back into the moment, into the twigs and mud and brown sticks, the grey sky, the ploughed fields and the bare hedges. How different it is to Mosman, but how lovely. To be in the moment creates such beautiful memories I can take back with me and keep forever. To appreciate what you have right there, right now, while you have it. I had a precious week, time with my mum, time to myself, time to think, read, sleep, walk, whatever I want. So this is what drives me with Tempo, to think that it works with me, I can go from being frustrated, muddy headed and almost bored to being alive, excited and inspired in the space of an hour is incentive enough in itself. So roll on Tempo, I know it's going to help a lot of people turn around in an hour too so it has to be a good thing!