

Find Inspiration to get out of the doldrums

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What are the doldrums anyway? The expression means a period of stagnation, depressed mood, or a directionless rut. It refers to a climatic region between the Equator and the trade winds of calm windless seas, where sailors used to get stuck. And if they ran out of supplies before a wind came, their fate was doomed. A full sail was true happiness.

The message for me is clear. To get unstuck in our life, wind or movement is the answer. Movement is essential for life. Every breath we take is a movement. And without breath, well you know what happens, we die. Ideas also need movement to hatch.

Wind is essential to meet our goals. Even if we don't know the final destination, and destinations do change, we need to be inspired by a purpose, a goal. That inspiration is our wind. Once we have wind we can act with ease. Otherwise, like the sailors, we're just stuck in the doldrums.

I don't say find THE PURPOSE, because that implies there's only one purpose and it's cast in stone, unchangeable. And if we only have one, we better get it right, make the right choice. Now that's about enough to kill any inspiration and freeze us in inaction. Like the sailors, just go with the wind, make a decision to be inspired and move.

Try answering these questions to get inspired.

- When I last jumped out of bed, happy, what was I thinking or dreaming?
- When I last did something that made me happy, what was I doing?
- When I last smiled, what was I thinking or feeling?
- What talents do I have that I enjoy using?
- If I had no "shoulds", obligations that make me groan, what would I love to be doing?
- If I had no constraints to accomplish a 5 year plan, what would be on my list?

Try this simple meditation to find a life purpose. Close your eyes, picture yourself laughing, smiling, being happy. What are you seeing, doing, feeling?

Inside, we know what inspires us. Listen to our internal wisdom. From these inspirations, set our intentions, act and we will arrive at a meaningful purpose. Once inspired by desire, a purpose will flow from it and our course will be charted. Smooth, effortless sailing.

Remember: If we're listless we need a wind. If we have a "same old, same old" attitude every morning when we wake up we need an inspiration. If we sigh and groan as we begin our day we need a life's purpose. If we have meaning in our life, we will be inspired and happy. Happiness is a circle of movement.

Here's a quotation I have stuck on my refrigerator to inspire me. When I make my morning coffee I read it and smile. I feel moved.

Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.

[Johann Wolfgang von Goethe](#)