

Defying the Odds - Running

In its purest form running is an effortless, graceful flowing experience. It is honest, humbling, liberating, exciting and inspiring to run. If you've ever run faster than a plod - even for a very short distance - then you will probably know what I'm speaking about.

For some people running is a natural state of being. But for other people, running is a plod and a drudge and a means to an end...maybe God was a little distracted when he was supposed to be handing out the running genes on the day you were born. Whatever your excuse, don't give up...you can defy the odds...we're all natural born runners, it's just that some of us take longer, and need more guidance, to wake up to this fact.

Now, please...I mean no offence if you are one of these people who plods. If you are a plodder, there is no doubt that you will be receiving benefits from the simple act of moving your body, moving your mind, moving your soul. Plodding has its place. But I'm not sure if it will ever be FUN or INSPIRING or EXCITING to plod. Most people I've spoken to want to run faster, want to run better - irrespective of their level....it's a universal desire.

So...I want you to know that there is another way to run! And once you have experienced the other way, you will never be able to go back to the drudging, AND you may never be able to go back to the plodding.

When you begin to run toward your true capacity you will come to discover soooooo much about yourself. You will discover your strengths (one's you didn't know you had, and one's you didn't know even counted), your weaknesses (things to turn into strengths), your sense of humour (essential in ever runner's tool kit), your pain threshold (this will expand tenfold). You will discover that your 'limits' are simply mis-perceptions – things you've agreed to unconsciously adopt into your personal belief system. You will discover that you're a far better and more natural runner than you'd ever allowed yourself to consider. You will see your run times and splits begin to drop - no matter your age...you will become tougher, and more resilient mentally and physically...all this simply from running toward your capacity and potential! It's your choice - do you want to defy the odds?

Defying the odds means not standing for 'good enough', not putting up with 'the way it's always been', just because it's always been that way. Defying the odds can be hard work, it requires discipline and motivation. The upside is that defying the odds will always be deeply satisfying, it will always be a rich personal growth experience and it will always deliver a return on investment far beyond anything you can currently imagine...

So, who's up for it?