



As Pirate, You Are Surfing The Ocean Of Unlimited Possibilities

In the movie “Pirates of the Caribbean” (first part), Jack Sparrow declares that there is only one rule: What a man can do and what he cannot do. (The context of that movie shows that he considers the same rule to be valid for women.)

Rules are serving your survival strategies in two ways: One is to follow them “blind”, not thinking at all, just doing what you did always, what the rule, politeness, society, manners, church, estate, or whatever else authority is asking for. The more power you give to the authority the more security you apparently get.

The other variant is to revolt “blind” against the rule, to protest against everything what only slightly smells like a rule. It's kind of funny, but you are giving your center as much to rules and the authorities behind them as with the first variant. That part in you, which has learned to survive through such behavior, gets activated, acting automatically and mechanically. This part could even declare some (not meant at all to be rules) practices as rules and react in such ways. Actually, you are as dependent as with variant one: You are following stubbornly the rule not to follow a rule.

Here is an exciting experiment to expand your possibilities related to the first variant: Take something of your life which has the character of a rule, and look at it with discovery spirit to get more details (e.g. the rule to brush your teeth before going to bed). Then ask yourself some dangerous questions (it could be useful to write your answers down): What authority are you following in observing this rule (e.g. parents, dentist ...)? What percentage of fear do you feel while thinking about not observing it? What is behind that fear? Now choose consciously and in advance a situation where you will not follow that rule (e.g. choose a day where you will not brush your teeth). Observe, how much fear is coming up, and what information you get from that fear.

Congratulation! With this experiment, you have recaptured a piece of your archetypal pirate freedom. You have (most probably) felt some fear while doing that. Have you been okay with this fear? Are you ready to try this experiment again with a more dangerous rule (coming e.g. from a more powerful authority, or generating more fear in case of non-observing)?

Maybe, you will discover through such experiments that you are your own authority, deciding yourself what to do and what not to do. And that you are also free to tell whatever story you like to tell about it. (Just for clarity: Of course it is a story that teeth brushing in the evening is a rule from an authority – which other story would give you more power?)

To expand your possibilities related to the second variant, choose a typical situation, in which you are revolting against a rule. Key question: Who decides that it is a rule? Is somebody or something outside of yourself deciding? Why are you allowing this? What part in you gets nurtured by using this unconscious declaration as rule and the automatic reactions coming from that?



What would happen by choosing another declaration (e.g. looking at it as a plea, a practice, an experiment, a proven hint etc.)? And when you do that: Which part in you gets more possibility, clarity, and freedom to do, what you really want to do?

Back to Jack Sparrow. There is this ocean of unlimited possibilities. Right now, you could live your destiny fully, discover intimacy in a loving relationship, blast the limits of your imagination, take radical responsibility for every single decision of yours, communicate your feelings (anger, sadness, fear, joy) authentically, using them for an alive cooperation, etc.

Obviously, rules are limiting such diversity and freedom of possibilities. With the clarity, that nobody is able to set a rule for you if you are not doing it yourself (too), you could translate the saying of the pirate captain also as: You yourself are the only one limiting your unlimited possibilities.

Another experiment: Complete the following sentence spontaneously for yourself: "I cannot ...". And then ask yourself the question, in which situation you decided this, what reasons you gathered for it, and if you want to change it. (Some examples: It is such a joy to listen to someones singing, who has changed the decision "I cannot sing". Not long ago, I never would have thought, that I could walk over glowing coals without burning my feet. And obviously could no "I cannot fly" stop people like Otto Lilienthal.)

If you are saying your sentence (I cannot ...) with many details, then it becomes more probable that you are right. Jack Sparrow lays the example that he cannot sail the ship to Tortuga alone. And he arranges the situation in a way that he nevertheless can do it (just not alone but together with Will Turner). That means, if your Gremlin likes to be right by creating a sentence, which is so specific that it's most probably impossible, you could leash him and find out, what it really is about.

The starting point is crucial. After you have started to surf the ocean of unlimited possibilities, you may discover the fun. And now the excitement really begins. You could e.g. write down three things in the morning, which you will handle in other than your usual ways. And then, you just do it. Or you write down three things in the evening, with which you weren't content at that day. And then you change them (either immediately or during the next days). Explore those small hooks (it's not possible, I have to, no, I really cannot do that, yes, but what shall I do if the other one ...) and don't get hooked, keep your center, and continue your experiments.

The way (in this case the "surfing") is the goal. You don't have to prove anything. You don't have to have a certain result. As soon as you are surfing this ocean of unlimited possibilities, you'll have everything what you need. And you are alive.

Enjoy!
Georg