She said, “If you ever get tired of sitting around feeling sorry for yourself, a little job may do you good.” He said, “I lost my swing.” She said, “Really. Where did it go?” And he had nothing to say as she walked out slamming the door.

At that moment, a sweet spirit walked up and entered the room. It was an inspirational spirit. It impressed upon his heart, that the rhythm of life is simple and that anything the young man sets his heart to do can be done. It said to the young man that he lost his harmony and as a team, they could find it together.

The spirit went on to say, “Inside each and every one of us is one true and authentic persona. It is something that was born with us. It is something that is ours and ours alone. It is something that can’t be taught to you or learned. This is something that has to be remembered.

Overtime, the world can rob us of that authentic personality. It gets buried inside us with all of the: would haves/could haves or should haves, and some folks forget what their swing is like.

The inspirational spirit went on to say, “Get up and let us start”.

The young man then said, “But I don’t know where to go or how to begin.” And the spirit said, “Don’t worry about your swing or which direction you will go to find it. Close your eyes, listen to the sounds of your heart, and you will hear your genuine self. In time you will start to remember. It will guide you towards your authentic place.”

They were both silent for a moment. Then the young man got up and got started.

From that point forward, together they walked through each day in search for the missing harmony. And while on that search, the young man was introduced to a higher state of mind that led him into his peace and his tranquility.

In time, he was able to find his harmony and by doing that, he also became more grateful for every opportunity that presented itself into his pathway.

He took his time. He focused. He had a lot of ideas he could have chosen from; but there was only one answer that would be in harmony with his lifestyle. That idea would be his alone. That idea was choosing him. He realized that there was a perfect place out there trying to find each and every one of us. He also realized that the authentic idea would eventually find him; therefore he led with his heart and not his mind. This choice would bring him into his authentic self.

All he had to do is to get out of its way and allow it to come to him. All of this, he remembered.

Had he not had that earlier conversation with his girlfriend, he would not have gotten up and taken the chance to go out and search for what was missing in his life.

Whenever he looked backwards into his past experiences, he attributes this life lesson to her boldness, which in turn moved him closer to his authentic future.

“Feeling sorry for yourself?” thought the young man. “No, not anymore” and then he set back and relaxed.