

EPIC! Rule #3



Are you having fun yet?

EPIC! Rule # 3: If you are not having fun, you are playing someone else's game

Is it possible that this is only week 4 of the new year? My how time flies when you are having fun AND playing your game. That doesn't mean that the game is easy.

My husband Rob and I just got back from a fabulous week at the Modern Elder Academy in Baja where we plumbed the depths of the challenges of "Finding the Magic in Midlife". It turns out that the average Midlifer - ages 45 - 80 - is going through at least 10 transitions all at the same time. Economic, professional, personal, spiritual, and relational. Trap doors open up, pathways get blocked, glass skylights become ceilings, colleagues get triggered, loved ones become sick.

Even the most prescient humans can't predict the future. We can only learn how to embrace an uncertain future, discover meaning for ourselves and create meaning for others - - regardless of the cards we are dealt. And I am sure you can reflect back on how much you and your soul have grown by a life quake you have experienced.

So, if you find yourself triggered, anxious, depressed, angry, resigned or exhausted - see EPIC! Rule # 3.

EPIC! Rule# 3: If you are not having fun, you are playing someone else's game: Play brings out people's greatest creativity, imagination and reduces their fear of losing. The "move is not the game". And there is no such thing as a wrong move in the Decade Game. It is a continual learning experience of how to play your game better. The more challenging a game – the more fun it is to play,

even when it is hard, sweaty, tearful work. If your life is not fun and feeling full of meaning, then you are most likely playing by someone else's rules.

For all of you Midlifers - navigating transitions is the only game in town. So keep playing the game of make-believe. Believe in an amazing next decade, knowing that you have all the time in the world to make it happen. Costumes help. I closed out my 60 - 70 Decade Game at Burning Man last summer.

Sending love and light, Carolyn

