



Turn Your Brain Off

This October, I had the chance to meet a friend in Sedona for some mountain biking. What a place! What a treat! Most mornings I try to do a little walking and listen to something – something “devotional,” meditative, centering – sometimes it’s something recorded, sometimes it’s music. So, one morning in Sedona I was on my walk. It was a crisp fall morning and I had some music playing.

It dawned on me after a couple of our mountain bike rides, that when I followed our guide/teacher, I just went with it. I followed Evan. I didn’t think about it. I tried to go where he went and do what he did (or at least as much as I could). I didn’t tell myself, *You can’t do this*, or ask myself, *What are you doing?* I simply followed Evan...and

I turned my brain off.

That isn’t normal for me. I “pride” myself in my brain. BUT,

sometimes my brain gets in the way.

It can keep me from things more important than what I think. My brain can direct me to figuring things out when figuring things out, particularly people and specifically my wife, Lyn ☺, aren’t “projects.”

People aren’t things to be figured out.

Results from turning my brain off while following our guide, Evan.

- I did things I’d never done.
- I did things I never thought I’d do.
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Pretty cool. However, I want to ask a favor. Don’t tell my wife. ☺ Lyn is a hiker and as much as I’d like to take her to Sedona to hike, I’m “afraid” (here goes my brain again...) that if I take her there, she’ll say *What the *%\$# were you thinking?* – or something to that effect. ☺ Her famous last words when I walk out the door to ride...*Be careful!* Sedona trails don’t always fit “careful.” Or, maybe it’s better to admit that my definition of *careful* is not the same as Lyn’s. ☺

Back to my walk and the music, something else happened...I remembered a time years ago when Lyn and I were sitting with a business partner. We were having some “challenges” relationally (Lyn and I were) and my partner offered some sage advice. He said to me, *Mark for this you need to turn your brain off.* At first I was a bit offended. But he was right...Relationally, with people, my brain can get in the way, particularly my “lizard brain.”

When I do turn my brain off, joy often happens

- like what I experienced mountain biking in Sedona:

- I do things I’ve never done (and relationships heal and grow).
- I do things I never thought I’d do (entering relationships at a deeper-than-intellectual level, and letting go of some of the control that I imagine my brain provides – like thinking I have it all figured out...).
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What a gift! Not only the trip to Sedona and good time biking with a good friend, but the gift of *turning my brain off*...

What about you? Might it be wise to consider *turning your brain off*? Might you experience things you’ve never experienced if you do? Might you be glad you did try it? I think you just might!