

When my wife and I first moved to Florida in 1984 we discovered the ocean. Of course I knew of the ocean, had seen it, read about it and even been in it, both Atlantic and Pacific. But I was never overly impressed by it. Just a lot of water I thought. However when we first moved south, Lana talked about going to the Keys for a vacation. She'd gotten some brochures and showed me the photos and had even searched out some hotels, restaurants and a boat rental place. So, since we'd been working long hours getting our business going, I decided she had a good idea so off we went. It was a fabulous trip and to say that I was transformed that week may be a little over the top but something did happen to me out on the water. One afternoon we were miles out at sea, no land in sight, no other boats in sight, flat seas and bright sunshine. Around us were birds, flying fish, dolphins, sea turtles and the brightest clear blue water I'd ever seen. We hadn't spoken in a half an hour. Lana looked at me and asked what I was thinking. She knows I'm always thinking, analyzing something, designing something, preparing for something in my mind. But this time her question seemed to

catch me by surprise because when I went to answer it I was amazed. Doing a quick rewind of my memory I realized I wasn't thinking anything! Absolutely nothing! I believe it was the first time I was ever aware of virtually "no thought". No planning or reviewing, no fussing or fuming, just experiencing an experience, if you will.

During the next few days I came to the realization that I'd found something I'd not been looking for. A place where I could leave the world behind, if only for a short time. Since then it has been a place where I go as often as possible to give my mind a rest.

Although we are all very individual personalities those in the racing community probably share many personality traits. You are competitive, you like to win, you want good performance from your equipment, your race team and yourself and you live in a fast paced world. You've been successful enough at your job or business to be able to afford to purchase race cars and race them and with all of that in your head, lets admit it, your mind can use a rest.

Some people think that if they are not workaholics, if they stop working for even a moment, the competition will pass them by. I don't believe this is true. I believe we need to refuel our souls occasionally. Psychologically speaking, I'm not talking about sleep. Adequate sleep although essential for good health is not the kind of rest I'm talking about. You need a conscious rest. An activity where you are wide awake, but totally removed from your every day routine. You may find this in nature, on a mountain top, on a golf course with friends, on a trip (not a racing trip) with your family or even in a good book. Even better, you may find a few different activities that will accomplish this. Once you find something that works for you, use it often. Finally, to those that say, "But I enjoy my job," or "my racing is my get away from my job" I think that's great. However, your work and your racing simply cannot provide the type of mindful rest you need. So start looking for something else or keep looking for that place to go or thing to do. You'll find it. I found it and I wasn't even looking.