

**Preparing for an Unpredictable Event**  
*The Sublime Art of Planning for Things Unseen*  
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Basically you have a choice, "To prepare or not to prepare," to borrow a phrase from Hamlet. Well he said, "To be or not to be," but it is the same really. What I mean is, to "be" is to act, to live, to love, to engage, to be present to reality in the here and now. What its not, is to be stagnant and quiet. We can always argue that other people are not clear, so I do not have to be clear either. We may even say to ourselves, "When others make up *their* minds, then I will act." However, we already know that if we were to take such a position, things would fail for sure. Why? Because of the difference between the mind and body...even if it takes the "mind" sometime to make itself up, still the body does not have that luxury. By its' very nature the body must remain in a position to act, **ALL THE TIME**. There is no "down time" really for the body. The body, by definition, must always stand in the position to take action and be ready on a moments notice to serve the mind. It's sort of a structural reality. For example, if I need a pen my body goes into action and I walk around from place to place looking for a pen. Almost effortlessly my feet move, my eyes dart here and there, my hands open drawers, all this is done in milliseconds after my mind decides I need a pen. There is no discussion or debate about it, my body simply goes into action to realize as quickly and as efficiently as possible the goal of getting a pen. Also, and very importantly, there is no reflection or discussion afterwards about the value of getting a pen, or the process of doing so. It is all quite natural, once we have a goal, our mind and body act in concert with one another.

We were created to be in a state of unity or harmony between our words and deeds. Sometimes people even develop skills that are special and unique such as playing music, dancing or cutting hair. In those examples, our bodies are trained to do certain things or to move in certain ways. When mastery is achieved, we see such people moving effortlessly in their special task and what we see is often so beautiful and pleasing as we witness the unity first hand. The point here is, "Do we prepare for an unknown situation or not?" The answer is simple, yes of course we do. We cannot say we will wait for the mind to be made up or for the plan to be in place. **We are the plan!** The whole point of having a body is that when we need it, it will be there and it can act as we direct it in the moment. The body, even though it might have restrictions, is not in a position to dictate to the mind any limitations or hindrances, rather the body is there as an extension of the mind or the mind's 'second self' and should be a carbon copy. The body should be simply the perfect extension of the wishes of the mind in reality, space and time. The body becomes the full manifestation of the minds dream. The only thing the body should be doing is training itself and preparing itself for the needs of the mind. Thus our conclusion is we need a body that is ready, a body that is prepared; there is no question at all, of course the body will prepare, even for the unpredictable, in fact that is the purpose for which it was created!