



Read This Before Your Tire Goes Flat!

by Eric Stephenson, LMT, NCTMB

A few months ago, I was walking down the street next to my hotel when I spotted a large, shiny nail in the middle of the sidewalk. Glancing down quickly, the following dialogue flashed through my mind's eye:

"Look, a nail. Should I pick it up? Nah Eric, keep walking."

Then just as quickly, another internal voice replied: "Eric, take a moment to reach down and pick up the nail. Tomorrow the nail may be two feet closer to the road. The day after it will be inches from the road. By the third day, the nail will be in the road and with your 'Irish luck'; either your car or some other vehicle will end up driving right over it- left with a mess that will ruin someone's day!"

On this day I listened to the second voice and reached down to pick up the nail.

I began wondering about problems that start as small "nails" on the sidewalk of my own life, my family's lives, my friends' lives, my community, our world--the ones that get ignored and the ones that get paid attention to.

Could it be as easy as taking the time to pause, listen to the deeper voice within and take one small, sometimes inconvenient action to address a problem while it is still very small? Or would we rather take a chance on it changing the course of our day, month, year? Paying attention in this kind of way may seem small and insignificant but I have a feeling that it is these small actions that can truly change the course of our life and our world.