

Chapter Seven



Go With the Flow

Based on Insights and Lessons from

George Hamilton

Everything about my interview with George Hamilton flowed. From the moment my producer booked the interview, to the last hug “goodbye,” I was taken up by the experience and gifted with memories that will last a lifetime. George arrived on a Saturday afternoon to pre-record the show for broadcast the following Monday. He was promoting his book, *Life’s Little Pleasures*. Having received an advance copy, I learned that George Hamilton is indeed spiritually savvy. He writes, “The mind creates a place of pleasure and, if you can just get out of your own way, you can let it take you there.”

“Ultimately,” he says, “pleasure is about being present in the moment. When you know how to take yourself away from worrying about what the future will bring, or obsessing about the mistakes you have made in the past, you will have true peace.” *Go with the flow* is what I did at our interview and, I can tell you, it was very funny. George likes pleasurable things: cigars, champagne, flowers, women, beautiful trinkets and good conversation.

My team turned the recording studio into a set that consisted of fine Belgium chocolates, hand painted flutes filled with fine champagne, premium cigars from Bennington Tobacconist in Boca Raton, and exotic flowers from the top local florist. Everyone was psyched for George including my friend, Wayne Dyer, who confessed he was a fan. I invited Wayne and his wife Marcelene to come onto the set and meet George. It was a lovely day. I had just come from the hairdresser and was coiffed to the max. I had my makeup done and looked just the part. (I have included some pictures for your delight.) Anyway, George, having been brought up in the industry, saw all my sponsor notes because all the props were donated. As my engineer signaled to begin recording, I introduced the show, shared my insight segment and off we went. George

decided to thank the sponsors while enjoying all of the lovely gifts. So we toasted the sponsors and drank the champagne, smoked the cigars and ate the chocolates. George read all my notes through and started the program by getting me drunk. (I don't remember the rest of the story.) I had the best day ever with George Hamilton who hugged me a few times and told me to lose weight. I didn't even care. He was delicious.

So how do we go with the flow? There is an ebb and flow in life. It is in increments of seconds, minutes, weeks, months, seasons, years or decades. As we develop a deeper sensitivity to life's movement, we will know when to go and when to hold. The old saying, "When one door closes, another will open," speaks to this truth. The time spent waiting in the anteroom is often the hard part. The not knowing what will come next causes us to shift from treading water into frantic trying. All I can say is: it's best to trust the energy that flows with life. Remember my analogy from Rabbi Wolf about the cork on the river of life? Here is where we really get to see how to flow, float, ride the waves and trust the process. Sometimes we are challenged and halted; and other times we are ignited with movement, motivation and enterprising energy. The best times are also a prelude to the worst. You see, what goes up, must come down.

Life is like a wave that has forgotten it is part of the whole ocean. When we forget the pleasure of life and our connectedness to the whole, we tend to feel alone and misguided. When we remember we are part of a great big gigantic ocean of love and life wanting to support us, we breathe, revel in life's delight, and see how it all flows.

George Hamilton's book is filled with wisdom and stories and humor and is soul enriching. He says it is his attitude which has kept him "relatively sane," through the ups

and down, the love affairs and the breakups, and during great wealth or just getting by.

Here are a few more insights that George shares:

1. Create Pleasurable Moments – Set the Mood with Beauty.
2. Be aware of how you look at things; how your mind works
3. Attitude is everything
4. Adversity is opportunity
5. Stop waiting for something good to happen; go out and make it happen
6. Joy is something you must seek. When you live joy, you attract more joy
7. Solitude, meditation and relaxation help you get to yourself again
8. We must all find that bubble of joy from within because a relationship with ourselves is the only one that lasts forever
9. From George's dad: You can't keep happiness forever but you can envelop yourself with beauty all throughout your life

I always say, what you focus on expands. What you see - you'll see more of. Become a magnet of attraction through your passion for life and for love.

Remember, the big lesson here is, Go with the Flow!