

## OPTIMA EAP THOUGHT OF THE WEEK - 9/08/08

**“Throw your dreams into space like a kite, and you do not know what it will bring back, a new life, a new friend, a new love, or a new country.”**

*~~ Anais Nin*

There's something about flying a kite. It can make you feel like a child again. It can feed your need to play. It can give you a sense of control or a sense of exploration. It can connect you to nature.

History is full of kite enthusiasts and the benefits of their playful flights. In 1750, Ben Franklin proved that lightning is a form of electricity by flying a kite. In the 1900s, Orville and Wilbur Wright used kites as part of their aviation invention process. What amazing discoveries came from flying kites!

Kites, like people, come in different shapes and sizes. Some are dazzling with vibrant colors, spinning parts, and streamers that dance without inhibition. Others are modest, with sound construction for safe navigation. What kind of kite would you be? Some kites do best floating along a gentle breeze. Others soar to dizzying heights with strong winds. When do you fly highest and achieve the most? Some kites only fly under sunny skies. Others can be found flying strong, yet cautiously, under cloud-filled skies. Under what conditions do you let yourself fly and explore new possibilities?

The art and science behind kite flying can teach us a lot. The kite reminds us to:

- Engage our playful spirit
- View times of turbulence as opportunities to push us forward, not knock us down
- Stay connected to the world
- Continue striving for new heights, even if we've fallen in the past

Like a kite flyer, we know that we must allow our hopes, dreams and desires to take flight. We must stay connected to and care for them. We must understand that they may be impacted by the winds of change. We must know when to reel them in and when to guide them to higher heights.

What dreams do you want to take out for a flight? Let one of your dreams fly today – see how far it goes and what it brings back to you.



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1-800-899-8174 or 757-363-6777**

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