

Let Go of the Rope – Chapter Excerpt: The Traps

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An animal wanders along a path it knows, and everything seems to be as it should – then, it turns to catch the scent of a bit of food. Twang! Suddenly upside down, hanging in the air by one foot, swinging midair until someone takes them or they escape, usually with great discomfort. Just like animals, later life people can fall prey to Traps.

They never see them coming until it is too late.

This chapter is about some of the most common Traps – like *Holidays* or *Grandparenting*. It might be strange to you that these familiar things have pitfalls, but they do. While they look harmless, and the bait is pleasurable, they can be like holes. They make those *immersed or caught up in them* boring. Not just to others but to themselves. I know because I have fallen in some, not all. I had to get out. Because I knew I was becoming boring too.

My work coaching business executives means I help many who are in danger of falling into Traps or are already caught and do not yet know it. Let me help you open the gates into *Space and Grace*, and into unparalleled freedom so we can walk through them together. There **are** other choices. As you read, survey your list of acquaintances. Have any become engrossed in Traps? Do you see a **pattern** emerging as bright, intelligent lights are extinguished in these Traps?

It is understandable that people get trapped: the bait excites them – the innocent pleasure of just going along a convenient, ready-made way. There is a passive acquiescence; they are doing what they know they are **supposed** to do, but before they know it the Trap is the dominant narrative of their hours and days... and even years. They have fallen in. They are caught and cannot get out. Worse yet, they may not even know they are trapped, much like a wildebeest surrounded by a pride of lions that have already tagged it for a kill.

Let Go of the Rope – Chapter Excerpt: The Traps *(continued)*

Each of the Traps consume time, focus and resources – like occupations. They fill one’s hours and dominate one’s consciousness. As people move into the later era of life, they lose the value creation imperative. When time is devoted to the Traps, opportunity is lost – the chance to explore and develop what else there might be. Those caught in Traps resemble “Busy Workers”. Traps are societally sanctioned *make work* programs. But unlike work, Traps sustain only society, not individuals.

Could it be that Traps have relieved a person of the burden of seeking the new, tracking the unfamiliar and perhaps, entertaining the risk of failure, of disappointment in those uncharted domains? Humans are fallible. The Traps show up just as a temporary vulnerability does: what to **do**? Rather than face all the doubt and uncertainty of choosing one’s own path, societal pressure makes it easy. It favours these pursuits [Traps] and directs, even encourages the unwary to go **this way**. Whether it is cruising or Grand Tours, golf followed by cocktails or babysitting grandkids, here we explore a new landscape of *Space and Grace*. In this chapter, you will learn how to navigate those aspects of life with pleasure – but not be defined by them.

“I’m ready to know more about what is ahead. I knew there was more than this!”

Let’s go; you’ve avoided a Trap, just in time.