Swimming on a mountain lake:

It’s a really warm day as you walk in the mountains. You see a beautiful lake with an island. You step in. Lake is refreshing but cold. You decide to head for the island.

The water becomes really cold. As you want to move towards the island you find a warm spot in the water. Ahhhh. It’s really wonderful. As you move towards island though water goes cold. Ouch.

You ask yourself - How do I swim towards the island whilst staying in the warm water? You could start to move around the lake looking for the warm spots. As you move, you see there is a limit to the warm water and then it becomes cool again…..

If you keep looking for the warm water it becomes about ‘warm water seeking’ and not about the island. Your choice…..

