

# A Musing

## Podcast Transcript

### 004 ▸ Bend

Stand tall and strong in the face of life's storms? Sounds like what we've been taught in most cases. But... is there another way of traversing a trial in life? A wiser way?

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00:00:00.240 - 00:00:02.980

Welcome to A Musing, I'm Diego.

00:00:12.570 - 00:00:13.490

Today's episode. Bend.

00:00:22.755 - 00:00:26.555

I've lived in Florida since I was about eight years old.

00:00:26.555 - 00:00:31.755

Florida is known for more than just, you know, Florida man.

00:00:31.755 - 00:00:41.095

It's also known for beautiful beaches, delicious oranges, awesome theme parks, Tony Montana, many things.

00:00:43.515 - 00:00:54.655

Now, having lived in Miami and now in Tampa Bay, one thing that's been in my immediate surroundings most of my life are palm trees.

00:00:54.655 - 00:01:04.415

I was recently reminded under a tornado warning, which is, you know, Tuesday here in Florida, about how peculiar palm trees are.

00:01:04.415 - 00:01:07.535

I'd seen this a thousand times before.

00:01:07.535 - 00:01:12.095

I've been through my share of hurricanes and tropical storms and tornadoes over here.

00:01:12.115 - 00:01:20.395

And one thing you're always going to see is the iconic look of palm trees being battered by ridiculously strong winds.

00:01:21.475 - 00:01:36.275

But unlike oak or pine trees, which you'll find laying on the pavement or collapsed on someone's rooftop after a hurricane, palms have a secret to surviving hurricane force winds.

00:01:36.275 - 00:01:47.135

While their tree cousins are standing tall and rigid trying to desperately hold on to their roots, the palm tree simply bends.

00:01:50.935 - 00:01:56.075

Most trees grow by layers every year or rings.

00:01:56.075 - 00:02:05.075

If you cut a tree trunk horizontally, you'll be able to measure its age based on the amount of rings that have grown each year.

00:02:05.075 - 00:02:07.615

But not the palm tree.

00:02:07.615 - 00:02:11.855

At the cellular level, the palm is malleable.

00:02:11.855 - 00:02:16.115

Some of its cells can even flex and then return to their previous position.

00:02:17.135 - 00:02:20.435

Also, notice the branches and leaves of a palm tree.

00:02:20.435 - 00:02:21.875

They're not rigid either.

00:02:21.875 - 00:02:26.575

A flexible spine or branch with free flowing leaves.

00:02:26.575 - 00:02:31.755

Palm branches resemble giant feathers more than traditional tree branches.

00:02:35.475 - 00:02:43.635

This unconventional structure is what allows them to not resist the wind, but rather bend at its will.

00:02:44.615 - 00:02:49.535

Not fully, but just enough to survive a category 5 hurricane.

00:02:54.860 - 00:03:00.280

Now, branches might break off, and yeah, leaves might be shed.

00:03:00.280 - 00:03:07.060

The direction and shape of the trunk might even be permanently altered, but it can survive.

00:03:10.160 - 00:03:13.760

Hurricane season isn't a long-year threat here in Florida.

00:03:13.760 - 00:03:21.500

Just like the storms that pound our lives aren't a constant factor in our lives, at least not in most cases.

00:03:22.360 - 00:03:29.220

Usually, rough times, challenges, trials, and loss are a cyclical element in life.

00:03:29.220 - 00:03:36.280

You'll have times of peace and quiet where your finances are in order, your health is on point for you and your loved ones.

00:03:36.280 - 00:03:38.520

The car turns on each morning.

00:03:38.520 - 00:03:46.440

You and your significant other are getting along great, and they might have just even aired the new season of your favorite TV show.

00:03:46.440 - 00:03:50.140

And then the Hurricane Watch is announced.

00:03:51.080 - 00:03:53.560

A weird symptom, perhaps.

00:03:53.560 - 00:03:55.680

A national event hits the economy.

00:03:55.680 - 00:03:59.020

You check on your grades and they're starting to drop.

00:03:59.020 - 00:04:01.480

Your significant other is acting strange.

00:04:02.540 - 00:04:06.000

Then comes the Hurricane Warning.

00:04:06.000 - 00:04:09.140

And by that point, it's imminent.

00:04:09.140 - 00:04:10.800

It's here.

00:04:10.800 - 00:04:12.500

A diagnosis?

00:04:12.500 - 00:04:14.180

An economic downturn?

00:04:14.180 - 00:04:16.800

You fail that class?

00:04:16.800 - 00:04:17.980

You find out they're cheating?

00:04:47.781 - 00:04:50.941

How do you normally react in these kinds of circumstances?

00:04:50.941 - 00:04:55.781

Do you stand tall in your pride, offended, arrogant?

00:04:55.781 - 00:04:58.481

Do you ball up in pity and cry foul?

00:04:58.481 - 00:05:04.361

Do you care more about how you'll look if you fail than about learning from your experience?

00:05:04.361 - 00:05:09.781

Do you hold on to your plan because your plan is your plan and you're not gonna give it up no matter what?

00:05:09.781 - 00:05:16.021

The funny thing is that standing rigid in the face of a storm seems like the thing we're supposed to do.

00:05:17.281 - 00:05:21.881

But rigidity and inflexibility don't equal perseverance.

00:05:26.001 - 00:05:40.141

Nature has a type of built-in wisdom, and observing through my window as palm trees bend in the midst of tornado strength winds, I was reminded that sometimes it's wise to bend.

00:05:40.141 - 00:05:43.041

Sometimes resilience is a must.

00:05:44.481 - 00:05:59.321

Living to fight another day, walking away from the battle with a lesson learned can be the shift you need to find a more fruitful course in life, or perhaps in just a given situation.

00:05:59.321 - 00:06:02.781

Try this next time you see the storm coming.

00:06:06.321 - 00:06:13.761

Brace yourself for the challenge ahead, not by standing your ground and being unwilling to waver.

00:06:13.761 - 00:06:19.461

Feel the winds of change around you, and see where they're headed.

00:06:19.461 - 00:06:26.941

Could it be that life is trying to point you in a new direction in your relationship, your career, your habits, the company you keep, your convictions?

00:06:28.081 - 00:06:29.741

Try not standing rigid.

00:06:29.741 - 00:06:35.461

Instead, bend a little, just enough to see where that storm is trying to point you.

00:06:41.623 - 00:06:49.943

Perhaps it's time that you dug down to your cellular level, and developed adaptability and resilience.

00:06:52.083 - 00:06:57.123

Become malleable enough for growth and personal evolution.

00:06:57.123 - 00:07:06.503

This unconventional way of facing a tough situation can allow you to not resist, but rather bend in the face of change.

00:07:06.503 - 00:07:13.583

Not fully, but just enough to survive the toughest trials that come your way.

00:07:13.583 - 00:07:20.083

Sure, some bad habits might break off, and some unhealthy relationships might be shed.

00:07:20.083 - 00:07:27.223

The direction and shape of your plans might even be permanently altered, but you will survive.

00:07:31.523 - 00:07:32.523

Let me know how that goes.

00:07:33.563 - 00:07:38.243

You can write me at [contactamusing at gmail.com](mailto:contactamusing@gmail.com).

00:07:42.823 - 00:07:49.183

Remember to subscribe and share this episode with someone who needs it.

00:07:51.043 - 00:07:52.243

Catch you in the next episode.

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