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## End Run

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## End Run

In football, an end run means that someone carries the ball around the end of the opposing line, evading potential tacklers. If highly successful, the run will end with the carrier crossing the goal line. While an end run would seem to be much easier than trying to crash through a group of players who are intent on stopping the ball carrier, it is only possible when the runner is very quick, and has teammates who are not only fast on their feet but also adept at blocking the opposing team members.

In life, many of us prefer to make end runs whenever possible, so as to avoid direct opposition. However, no one mode of acting is always effective, and circumstances vary so much that we cannot always operate according to our preferences. We might recall experiences when, for example, a smile accompanying a request of someone was perfect on one day, but at another time, with the same person, we had to explain in detail why we were even asking.

Though end runs are not the only means for making progress, and only successful in some particular circumstances, we make our choices about which means to use so that we can run to the end, our goal, whether we are able to go around the opposition or must pass through it.

End runs or whatever means we use to achieve goals that are worthy of us – those that are connected with our purpose in life – are more successful when we act quickly in following our inspirations. If we “second-guess” ourselves with thoughts that arise from either selfishness or desires to control, we will make no progress. Rather than waiting to be tackled, we can put ourselves in motion in accord with the thoughts and accompanying feelings that we experience initially, and we will know, without much reflection, that we are doing exactly what we should be doing at the moment.

Any time we act from the heart rather than from a set of rationalizations, we are likely to experience assistance, even if we cannot avoid conflict. However we explain to ourselves experiences of inspiration, whether we believe them to come directly from God who loves us and works with us so that all things work for the best, or we understand that “the cosmos conspires with us” whenever we follow those special impulses, we are able to make progress. While we move towards our goal, making our run to the end, many of us also engage in a natural and simple manner of praying by acknowledging that we are “on a mission,” no matter how seemingly inconsequential any deed or initiative of ours might seem, such as visiting a person in need of companionship.

In addition to taking our inspirations seriously, and acting on them, we need also to rely on others, for we are interdependent no matter how strongly we feel that a particular goal is ours to achieve. However individual each one's inspirations might be, we still need the wisdom, experience, and good-will of others, whether we find assistance from books, study, advice, or direct personal companionship.

Just as football players need fast and strong teammates to make an end run, all our moves towards truly worthy goals are made with assistance, whether physically, spiritually, or both.