

Adjust your Candles

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We tend to think that to navigate, to sail, to do it correctly the secret is the sailboat. Of course, it helps to have a great boat but, it is not enough. Sailing is not only about the boat. Sailing is about the unique relationship between the sailor and the wind.

Obviously, you need a boat to sail, and you also need to take care of your boat. Check it before you head your route, make sure it is in good conditions. Check the candles as they are extremely important because they will be your best tool.

Some consider that the boat is “the one” that will carry us wherever we want to go. That is partly true, but what many of us do not really acknowledge is that sailing is more about the unique relation between the sailor and the wind than about the boat itself.

The weather forecast is also extremely important. When we talk about sailing, before leaving, we also must check to know what the weather will look like. To check the forecast allows us to be aware of what we might face. No guarantees but, it helps prepare us for our journey.

Suddenly, the wind will go on your side, and you can simply ease the sheet. The wind then can push us smoothly and, in that case, will help us get to our destination, but be aware that sailing is not always downwind, sometimes we end up sailing against the wind.

Yes, the wind might come against you, and you will need to adjust your candles to the wind. Your ability to adjust your candles to the wind, to regulate to the unpredictable weather conditions, will be your survival kit. The sailor depends on his skills to cope with these changes. We cannot control the wind, the only thing we can do is adjust our candles to the wind. Keep that always in mind.

So sailing is not that much about the sailboat but about the ability of the sailor to adjust, accommodate to the uncontrollable weather. Develop skills to advance with light wind, spread your candles fully so you can use it on your side.

When headwind finds you sailing, do not complain, take it as part of the journey, tack your candles to minimize resistance and that will keep you going. The relation between the sailor and the wind is unique. The sailor depends on the wind, but he cannot control it.

The difference between having the wind on your side or against you does not depend on the wind, it will depend only on the way the sailor adjusts his candles.

You also must be able to steer accurate according to the circumstances. Try to understand how the wind is changing and adjust your candles, plan your routs according to this situation. Change your destination if needed. Allow yourself to do so. No harm if you cannot get where you planned today.

Honestly, I consider we cannot wait to sail only on sunny days. We might lose our lives waiting for the great conditions, and even when we leave the coast with great weather the winds might change without notice.

There is no sense to complain about the harsh weather. We will have severe weather in different moments of our live. We cannot control the weather, nor expect the climate to improve, the only thing we can do is adjust our candles and assume the protagonism of our own journey.

We cannot control the wind, but we can always adjust our candles to sail with it. The secret is that the sailor must be aware that the wind will always be his partner.