

Listen to Life

Wisdom in Life's Stories

February 24, 2008

A free newsletter about learning and getting more from life by paying attention to our own stories and the stories of others, based on the presentations, writings, photography and workshops by Dion McInnis (www.dionmcinnis.com). Copyright 2008 Dion McInnis. All rights reserved.

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GOOD BRAIN

My youngest son developed an expression as a child, and the potency of its truth continues to strengthen as he mids the teen years, and he'll find that it is even more relevant and poignant in adulthood: "I'm using my good brain."

The realities are many: our brains ARE good, they should be USED, and we must take OWNERSHIP of using our brains in making decisions, being creative or choosing directions in life.

He and I still bring up the phrase when he shares a wise decision that he has made, a challenging problem that he has resolved, or a stubborn dilemma that he has overcome. Part of the beauty, from my perspective, is that he realizes that his brain is a rich, powerful and good force that is to be used, utilized and explored. And then I look at the people I see, read about or hear. I look at elected officials, people I encounter and people who have yet to even explore or own their talent and/or their potential. And I wished they would hear and also own the notion of owning their "good brain."

We are given such incredible talent and intelligence. And potential. Potential: something that defines the reach that we have but don't have the commitment to achieve.

Consider our actions, choices and decisions: Are we truly using and utilizing our good brain?

Listen to Life is an electronic newsletter that presents lessons for living by listening to life, based on the writing, poetry, photography, presentations and workshops of Dion McInnis. Stories such as these inspired the book, "Listen to Life: Wisdom in Life's Stories," published in 2005, available at Barnes and Noble, Amazon and Borders. Dion's next book will share his views of being father and son.

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