

## **Listen to Life**

*Wisdom in Life's Stories*

February 25, 2007

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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](http://www.dionmcinnis.com)).  
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Check out my new blog at [dionmcinnis.blogspot.com](http://dionmcinnis.blogspot.com) for poetry, rambles and musings

### CONNECT

I had already heard the news; my niece had called. I had already heard the news; I spoke with my brother. I had already heard the news, but the e-mail's subject line hit me like a punch to the gut.

An hour after I spoke to my brother, I received the e-mail that he sent to family and friends. The subject line read, "My son was killed in Cyprus."

The pain in his voice during our call was clear; the subject of his e-mail was poignant. I pondered the importance of speaking clearly, truthfully, simply. There was no drama, no cry for sympathy, and no call for the spotlight. He had lost a son. Only other parents who have lost children could begin to truly understand, but each person's familiarity with painful loss helped them to comprehend and translate through their own experiences. As important as was the subject's simplicity, so, too, was its power to connect.

Carl Rogers, in his book "On Becoming a Person," said that the inner feelings, the deeply held stories, the things people feel they can't share with others because those feelings can't be understood, are actually the things that are best understood. The deeply spoken truths are, in fact, how we connect as human beings.

My brother and I have never lived in the same house because of the 18-year difference in our ages. Our conversations have come in short visits and, of late, through e-mail and the occasional phone call. In his e-mail's clear subject line, he delivered a lifetime of humanity and insight to those who heard his message. And it provoked a new sense of brotherly love to my older brother.

Speaking deeply, let simply and clearly, can connect us to those we love, to our family, friends, colleagues and to strangers. Connect simply...simply connect.

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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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