

Listen to Life

Wisdom in Life's Stories

March 30, 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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"I JUST LIVED THEM"

"I'll have to ask my sons about those years. They have better memories than I do. I just lived them," the woman said at my Memories to Memoirs workshop this evening. Two things struck me about her comment: the humility, and the understatement.

From the work we did in the workshop, it is clear that she had a full and important life. Yet, she remains humble about describing it. Humility is an important attribute, and helps to place into perspective one's work, joys, sorrows, successes and failure. In the scope of all time and all creation, there is plenty of reason to be humble about each occurrence in our lives, and about our lives, in general. I suspect that her sense of humility got her through many circumstances. Humility has a way of reminding us that we are neither champions nor victims; we can merely live to the best of our ability and our potential. Then, life happens.

To describe those years as having "just lived them" is an understatement, particularly considering the history she saw, the firsts she experienced and the people she met to comprise a life important to herself and others. Just as it would be for any of us to presume so. Each breath is a miracle, each moment a gift, each activation of one of our senses a blessing, each day an opportunity--albeit not an assurance--for growth.

We may not remember clearly all the facts and occurrences of our lives. Yet, our very being influences the world by our influencing others, whether only a few or millions or something in between. One's existence is always more than "just living." You play a part of a grand, yet-unknown purpose.

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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