



Learning, Growing and Expanding

Welcome to my life.....

I am not a person that tends to pass judgment on others, or should I say, not that often – I'm not perfect after all. Sure I make comment about how others may act, dress or what car they drive, but for the most part it is in jest and I pass on the judgment. It just does not

serve me at all to judge others as right or wrong.

With that being said, I just have to say: How can so many people out there in this amazing vibrant world be so stagnant in their lives?

We have been given this wonderful mind that just yearns to expand, grow and learn.

Our electrons, neurons and peptides love doing the happy dance, when blasted with new ideas, concepts or even that little bit of trivial information that graces the mind. I personally live each and every single day of my life with a passion to seek out new substance that will take me to that higher level of being.

Again, allow me restate my disclaimer here that I am not judging others for who or what they do, but I am only stating an observation from a personal point of view.

Here is one of my greatest examples that I use a lot as it was part of me for a long time. Take a look at the news coverage on television or just pick up a newspaper and scan through the articles. What is it you really see? You see (at least I do...)

drama, death, destruction, injustice, sadness, gossip, which defeated who, and so on; most of it stated in a grave negative fashion. On that rare occasion, there is some sort of good news story but these are few and far between.

Ratings are generally really high for their news shows and of course newspapers sell millions of copies daily just promoting the above mentioned shocking material. How many of you reading this article faithfully read the newspaper or watches the TV news? Hey I do, but it is long past a habit. Sure I desire to see if the team I support won their game or what the weather will be for tomorrow but I pass over the negative stuff in the paper or on the TV to get to the real meat that I desire from these avenues.

What are people talking about in their lives? For many, they are talking about what they hear on the news and what they read in the newspaper. Again, do not get me wrong, current affairs are always good topics for discussion but after a period of time doing so, it becomes a real habitual state that our minds fall into.

Hello, my name is Wayne and I was a news junkie!

Personally I have been there and done that and now find myself to be it a much better state of evolution than I was 10 years ago by going in a new direction – of not reading the news drama.

Remember, reporters are paid to find us the drama stories that the readers will eat up in a flash. Add in a few broken hearted people and maybe even a touch of politics and you have the latest water cooler banter that many people entertain in their lives.

Blah, blah, blah....

"Variety is the spice of life". I know this however I still became consumed by everything in my life, which lead me into the trap. I certainly can understand in today's society, the compliancy people have in their life. I was there, all jammed for time, running here to do this and that, basically stuck in a routine, including the negativity that I was being bombarded with daily.

Over time, I found through experience that opening a conversation about the 8pm Tuesday sitcom or a headline from the newspaper did not sit well with me. I felt trapped and sought out a new direction. I learned in time to open up a conversation by talking about the conversation I had with a friend or about the wonderful piece of new music I heard or that incredible article I read on such and such or this remarkable person I met earlier in the day.

You know what? My mind thanks me daily for this new influx of positive vibrations, rather than being shelled with constant negativity. My attitude has changed for a higher greatness of me and boy do I feel good about getting up each day. I am happier, I feel healthier, I look and feel younger and best of all, the glass is always half full.

I will be the first to admit that I am still learning and continually growing but now my neurons, electrons and peptides are doing and will continue to do the Happy Dance in my brain.

To the happy dance within you...

Peace and Love

Wayne

[Email Wayne](#)