

# Communicate Powerfully; Powerfully Create the Future!

Have you received the email game with the spinning ballerina? If you see her turning counter-clockwise, then you're left brained, logical, sequential and analytical. But if you see her turning clockwise, that means you're right-brained, visual and emotional. By relaxing your focus, however, you can switch to being whole-brained and see her turning in one direction and then the other.

## Where We Look From Determines What We See

This fascinating game demonstrates that where we look from determines what we see. And the more rigidly we adhere to one position, the more we'll see the same thing repeating itself - the ballerina turning in the same direction, around and around, like a merry-go-round. In other words, we see what we want to see (and hear what we want to hear and feel what we want to feel). What this brings to mind (like a pie in the face!) is our Presidential race and the partisan politics flooding our airwaves.

Is Senator McCain a great American war hero and maverick? Or a reckless opportunist who will do anything to win?

Is Senator Obama a brilliant, charismatic leader inspired by American ideals? Or is he an untried, un-American Black Muslim intent on overthrowing our ideals?

Is Governor Palin America's feisty sweetheart and reformer? Or a catty, deceitful wench trading on her beauty?

Is Senator Biden an experienced professional, wise and down-to-earth? Or a blow-hard insider with a habit of foot-in-mouth disease?

These extreme judgments remind me of the political pundits who fervently take the side of their candidates-of-choice, weaving whatever is being discussed into their point of view and making themselves and their guys right and the other guys wrong. They're as predictable as the spinning ballerina. "I'm right!" "No, you're wrong! I'm right!" "No, I'm right! You're wrong!" ad nauseum.

## How Do We Free Ourselves From This Mindless Pattern?

How do we relax our focus and free ourselves from this mindless pattern? The Ancient Greeks said that the true path of wisdom was somewhere between the extremes, in the middle. They called this The Golden Mean. By releasing our extreme judgments about the candidates, educating ourselves and touching down on our deepest American values of "Life, Liberty and the Pursuit of Happiness," we can create a powerful field in which to stand and choose, with dignity, authority and integrity.

May the best man win!