


Uncommon Sense

Providing Clarity, Promoting Intelligence

Quick Links

[Ara's Web Site](#)
[Facebook Page](#)

Join Our List

 [Join Our Mailing List](#)

Issue: # 131

November 21, 2016

Dear David,

 Ara Norwood

If you are a new subscriber, of which we've had many, I welcome you. If you are one of my regular subscribers, I welcome you back. We indeed do live in interesting times.

In the **Self-Development** column, I present a thought for your consideration that will help you get a bit more control over your life, particularly over your thoughts.

The **Elephant in the Room** column will focus on the implications and the aftermath of the Presidential Election of 2016.

Finally, in the **Ara's Journal** column, you will find some reflections on the interplay between our opinions and the truth.


OK, let's get started.

Ara Norwood

Self-Development

Thinking Time: Kill The Radio

Years ago, while being immersed in the writings of W. Clement Stone, the Chicago-based insurance tycoon, I was struck by his notion of self-development. Stone believed that individuals of achievement regularly engage in Thinking Time, Study Time, and Planning Time. Fully agreeing with all three, this short article will focus on Thinking Time.

Living in a big city like Los Angeles forces many people to spend a fair amount of time on the freeways, sitting in bumper-to-bumper traffic. Most people who are stuck in traffic flip on the radio, whether to listen to music, talk radio, news, or sports. And an interesting  thing takes place as soon as the radio goes on. We subordinate our own thoughts to someone else's agenda. Whatever is being fed to us over the airways is what is occupying our thoughts.

I don't necessarily have a problem with this. However, I do believe that if we automatically flip on the radio every time we get in the car, we flip off our own thinking process. We forfeit the chance to think our own thoughts, according to our own needs, and thus, squander what might have been a magical opportunity.

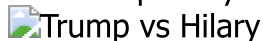
My advice: discipline yourself to use your driving time for thinking time. It's the one multi-task I find really valuable. You will be running your own "mental-show" and you may well come away with ideas, reminders, plans, and mental breakthroughs that could do you a world of good.

The Elephant in the Room

This Presidential Election: What's At Stake?

The election of 2016 surprised a lot of people, myself among them.

What hasn't surprised me is the reaction of the American Left at the outcome of their hero, Mrs. Clinton, being soundly defeated. Either candidate needed 270 votes to clinch the presidency. Winning 21 states and their 232 electoral votes, Mrs. Clinton was routed in a surprise upset that baffled the pundits, the pollsters, and even Donald Trump's own supporters. Trump won 29 states and garnered a solid 290 electoral votes, 20 more than were needed. And the Left went through a range of emotions, including shock, disbelief, depression, anguish, and rage. It seems that life has lost its meaning for much of the Left. They have shed many a tear, banged many a head against the wall, and ripped out many a handful of hair from the roots. In doing so, they have demonstrated many things about themselves and their notion of what constitutes fair-play. If they don't win, it's just not fair.

For his part, Mr. Trump has demonstrated that he's not to be underestimated. He also seems to be surrounding himself with people of vast capability and experience. It's still too early to 

tell, as of this writing, how his full cabinet will shape up, but early indicators suggest President-Elect Trump is making some serious and well-thought-out choices.


Nancy Pelosi, a woman of the far, far Left, has indicated she wants to change voting procedures to abolish the electoral college and only go with the popular vote, since Mrs. Clinton won the popular vote by about 1% (or 1,322,095 votes.) Of course, this is not due to any innate unfairness Mrs. Pelosi feels resides with the electoral college. Had Mr. Trump won the popular vote by any amount, Mrs. Pelosi would have never conjured up her futile attempt to change election protocols. (For those who would like a quick tutorial on why the Electoral College is necessary, [click here.](#))

Ultimately, Mr. Trump is responsible for how he governs, how he leads, and who he decides to surround himself with. I wish him well. I hope these next four years are prosperous ones for both himself and the nation he will govern.

And that, my friends, is the latest elephant in the room.

Shameless Plug

Norwood Speaks to the Soroptimists


It was my privilege on Election Day to address the Soroptimist Club of Greater Santa Clarita Valley. Speaking on the topic "Navigating The Storms of Life," I had the honor of addressing a variety of themes important to women. It  Professional Speaker was a great event and I remain very impressed with the women of the Soroptimist Club.

One feature of the program was my musical ensemble, Dawn of Ascension, performed. Featuring the lush vocals of Venessa Woolley, we included two songs that were thematically tied to my speech. The President of Soroptimist Club of Greater Santa Clarita Valley told us the concluding song, "Landslide" by Stevie Nicks, brought tears to her eyes.

If your organization could benefit from a keynote speech that may be supplemented with some meaningful music, please reach out to me.

From Ara's Journal

Opinions and Reality

There are a lot of strong opinions out there. People everywhere  (myself included) pontificate with regularity about this or that topic.

Journal
Writing

It is important that we remember that such verbosity represents, for the most part, the person's opinion. We often blindly imagine our opinions are far more than our opinions. But our opining is not necessarily aligned with "truth." In fact, it's surprising when our opinions are perfectly so aligned.

The problem is that many people subconsciously assume they can bend truth to fit into the narrow mold created by their opinion. What should happen is the precise opposite: we need to learn to bend our opinions to fit securely in the realm of truth. This can be done through careful thought, humility, inquisitiveness, openness, and an adoption of Karl Popper's magnificent adage, that we remain "forever tentative" in our dogmas.

The World of Words

Spartan

Building Your Power of Expression



Dictionary

Spartan, adj.

Pronunciation: spart(ə)n

Meaning:

Anything that is characterized by austerity or a lack of comfort or luxury could be said to be spartan. Anything reflective of vast self-denial could said to be spartan.

Usage:

- *I chose a different hotel because the accommodations at the first one appeared a bit too spartan for my tastes.*
- *As a soldier, Mark is used to traveling with spartan supplies.*
- *The monks have opted to live a spartan life, devoid of splendor and extravagance.*

New subscribers, the Special Report "11 Ways to Beat the Odds" should have been sent out to you already. If you have not received it, please communicate that to me via email (ara@aranorwood.com).

For more information on my work, follow me on Twitter ("Ara Norwood"), or on Facebook (keyword "Leadership Development Systems") or via my website: www.aranorwood.com

Sincerely,

Ara Norwood
Leadership Development Systems

Leadership Development Systems, P. O. Box 801681, Santa Clarita, CA 91380-1681

SafeUnsubscribe™_drdorrough@yahoo.com

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by ara@aranorwood.com in collaboration with



[Constant Contact](#)

Try it free today