



Pathways

November 30, 2006

This is the last in a four-part series about the value of right-brain thinking.

Make a Power Play

Our right brain is most deeply engaged when we are at play - when we are improvising, laughing or simply appreciating the joy of the moment. How can we measure the power of play to enrich our work and lives? It's like trying to quantify the icing on the cake, the rhythm in a song, or the giggle of a child. Play loosens us up, keeps us fresh and gives us access to creativity - our own and that of others.

Take 15 minutes or even an hour (gasp) to play today - whatever it looks like for you: doodling, playing a video game, or even ice skating. Don't worry about the long-term benefits of play - trust me, there are many. Simply enjoy the moment and discover its importance for yourself.

"Man is most nearly himself when he achieves the seriousness of a child at play."
Heraclitus

Playfully yours,

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