

Program your mind with great thoughts
from the greatest minds of all times



MINDBYTES

Thoughts, Quotes, & Ideas for Thinkers, Speakers, & Doers
who are Leaders.

Michael Wynne

How would you like to be mentored by some of the greatest minds of all times?

That's what this book is about. As you read it, you are entering a mentoring program. It engages you in intellectual dialogue with the immortal thoughts of the great thinkers and leaders who shaped the history of mankind. It will help you shape your future.



Photo by Michael Wynne

Thoughts that make the mind blossom

Introduction

“I quote others in order to better express myself.”
Michel de Montaigne

Sound Bites

- Politicians, newscasters, and celebrities bombard us with Sound Bites on a daily basis. The content of these catchy phrases is usually inane but meant to make us believe something without thinking for ourselves.
- Concurrently, our senses come under assault from commercial messages, usually-but-not-always- cleverly worded to motivate us to purchase their products and services.

Fitness

- We also live in a time when fitness and healthy eating are rightfully considered as signs of intelligent management of one's life. Gymnasiums are filled with people who demonstrate exemplary discipline in the performance of their fitness rituals.
- Mindful of what we eat, we also take vitamin supplements, dine on salads and fruits, and avoid junk foods. After all, as the saying goes, *“We are what we eat.”*

What about the mind?

- Are you as conscientious about what you feed your mind?
- Author Gore Vidal says, *“The mind that doesn’t feed itself eats itself.”*
- Do you have a planned diet of healthy mind foods?
- Do you exercise that wondrous gift you call your mind?
- The mind has endless capacity, but today it is being filled with much that is just plain worthless: Sitcoms, Reality TV, commercials, and similar junk food for the mind.

What you think, you are

- Little time is left for thinking about the truly important things in our lives. The phrase, *“What you think – you are,”* should alert us to the need to fill our minds with the kinds of thoughts that contribute to what we want to be.
- The Zen Buddhists have a tradition of using “Koans” to teach disciples. These are short stories and phrases that often appear simple but really hide a deep and powerful insight, which can only be found after much thought.

- They are the mental equivalent of a Sound Bite in that they summarize a lot in just a few words. The difference is that listeners of the Koans are expected to decipher their deeper meaning by themselves. *Instead of Sound Bites that are pre-digested thought, they are Mind Bytes that encourage recipients to think for themselves.*

Food for the Mind

- The thoughts, quotes, and ideas contained in this book of Mind Bytes are food for the mind. They are meant to engage your thoughts and emotions *in the pursuit of truth, beauty, understanding, humor, and – perhaps ultimately – the creation of a better life and a better world.*

How to use this book

- To achieve the above goals and derive the full benefit of Mind Byte Mentoring, don't try to read this book all the way through. Instead, open it to one of the five basic sections, Wisdom, Leadership, Happiness, Humor, and Wordplay.
- Scan the section until you find a particular quote that attracts your attention; then explore its meaning, and broader implications.

- Ask yourself how it relates to your experience, your life, and to situations you have lived.
- Ask how it might impact your present and future.
- As you ponder these points, write down your thoughts and conclusions as they come to you.
- Don't try to polish your reflections; you can do that later.
- You will discover a wealth of insight within yourself that has been waiting all along to be tapped. To encourage you to write your insights down as they come to you, a number of pages have been left blank.
- Keep MindBytes where you can pick it up at any time and browse through it. Because our state of mind is different at different times, each time you will find new meanings to each of the thoughts.

Note. I have tried to identify the source of each of the quotes herein. Those I was not able to attribute are labeled *Anonymous*. I don't count myself among the Great Minds, so my own thoughts are identified with my initials, *MW*.

Know Thyself



Photo by Michael Wynne

- By the time you reach the end of the book, you will have a journal of your own insights, a collection of mini-essays.
- This process will start you well on your way to fulfilling the advice of the Oracle of Delphi, “Know thyself,” which is the path to Wisdom, Inner Peace, and Happiness.

Thank you for participating in the pursuit of this worthy goal.

Michael Wynne