

# **Navigating Life's Railroad Switch: Finding Purpose and Passion After Brain Injury Presentation**

**Craig J. Phillips MRC, BA Second Chance to Live**

In life, events, circumstances and disappointments may redirect our experience. In an instant, like a switch on a railroad, life events can set us in the opposite direction of our hopes and dreams.

In the process our hopes, dreams, and aspirations may be dashed. We may have lost limbs or suffered permanent brain damage. Our damaged bodies may subsequently limit our abilities.

Consequently, we may be sad and angry because we feel helpless and hopeless. Let me share some good news with you. Something that revolutionized my world and the way I see myself.

**“No one can take my passion (not even a disability) because my passion to express myself through my gifts, talents and abilities resides within me.” Craig J. Phillips MRC, BA**

## **Who I Am is On the Inside**

Who I am on the inside matters more than who I am on the outside. My body may be broken and battered by an injury, but I am not that injury. I may not be as smart as I used to be before my injury. I may be discouraged at times, but that does not change my passion. I am not my injury, my limitations or deficits.

## **My Passion resides with in Myself**

My passion resides within my being and provides the energy that empowers my gifts, talents and abilities. Therefore, my brain injury and invisible disability do not have to limit me. Because my

passions lie at the core of my being, I can learn how to channel my creative energy. My creative energy, even thou...

Even though I may have a disability, deficits or limitations. I can learn how to use what makes me feel deeply and vitally alive. Even though you may have a disability, deficits and limitations you can learn to use what makes you feel deeply and vitally alive. Along which comes the inner voice, "This is the real me".

### **Deeply and Vitally Alive**

**"Ideas do not always come in a flash but by diligent trial-and-error experiments that take time and thought." Charles K. Kao**

**"Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, 'This is the real me,' and when you have found that attitude, follow it." James Truslow Adams**

**"Insist on yourself; never imitate. With your own gift you can present every moment with the cumulative force of a whole life's cultivation; but of the adopted talent of another, you have only an extemporaneous, half possession." Ralph Waldo Emerson**

### **Channeling my Passion (s)**

As I follow, develop and learn to channel my passion(s) through my gifts, talents and abilities I find a way to fulfill my dreams. To fulfill my purpose. My passions are channeled through my gifts, talents and abilities. My gifts, talents and abilities echo my passion. My passions...

Point me in the direction of living my destiny. In the process of living my destiny, I experience my purpose.

## **We don't have to Limit Ourselves**

In the process, I fulfill God's will for my life, one day at a time. Although I have limitations, because I am impacted by a brain injury and an invisible disability, I am not limited. Although you may have limitations, because of your brain injury and disability, you are not limited.

Regardless, of how you or I came to be disabled we do not have to give up on our passions. We can learn how to channel those passions in ways that work. Ways that work for us. We can learn to experience the life we hoped to live, despite having a disability. We no longer need...

## **Harnessing our Set of Circumstances**

Need to buy in to the notion that our set of circumstances are meant to harm us. Instead, we can learn to use our set of circumstances to empower our process. We can learn to use our set of circumstances to enhance both our lives and the lives of those people in our "world".

## **Today's Thought**

Be encouraged my friend. You are a gift to your world. Our traumatic brain injury/invisible or visual disability is not meant for our harm. In reality, what we have been given is a gift. What we thought was meant for our harm will be used for our good. Our brain injury and disability will direct our lives, like the switch on the railroad of life. They will guide us to fulfill our purpose as we channel passion (s) in ways that work.

## **Like a Switch on the "Railroad" of Life**

56 years ago, I could not see the benefit of my open skull fracture, right frontal lobe damage, severe brain bruise with brain stem involvement and a 3-week long coma. Although I could not see

the benefit and how my brain injury would be used to be of benefit, I now know that to be true. What I did not realize for many years, I now understand. My set of circumstances were preparing me to be a messenger of hope, today.

### **My Encouragement to You**

Be encouraged my friend. More will be revealed to you. Although you may not be able to realize or understand how your set of circumstances will be used for good, don't give up. Follow your passion (s) and learn to use your gifts, talents and abilities in ways that will work for you. What may not make sense, now, will take on new meaning as your life unfolds. So, please do not give up on your journey or yourself.

### **Channel your Passion (s)**

Follow your bliss. Take the time to breathe, because you will learn how to channel your passions in ways that will work for you. Do not give up on yourself or on your journey. You are on the right path. You will find your way. Only believe. And if you have a hard time believing, believe because I believe. We can trust the process, a loving God and ourselves. All things are working for our good. More will be revealed with time.

**“Believe in yourself. Go after your dreams and do not let anyone put you in a box.” Daya**

**“Not everyone will understand your journey. That's okay. You're here to live your life, not to make everyone understand.” Banksy**

**“You may be the only person left who believes in you, but it's enough. It takes just one star to pierce a universe of darkness. Never give up.” Richelle E. Goodrich**