

# The Stories of our Lives

Everyone has a story to tell, everyone's life is a story. We all have had things happen to us or moments in our life that we like to tell, most of us also have ones that we do not like to tell. These moments and things that we tell are just small stories in the story of our life. The story of our life is one that is always being written, even when you think it is over the story ripples through other people's stories. Though there are our stories, there are other's stories as well. Stories of other people, fictional stories, stories of the past, stories of possible futures, and so many more.

Stories are a part of our everyday life and are important to it as well. Stories shape us in every moment of our lives and help explain why things are the way they are. Stories reveal values and virtues, and help guide us for what might, could, or should become. By examining stories we can see how humans think, and often ideas spread through stories create contest since stories lead to action. One of the most common ways stories are told are through the "Joseph Campbell & The Hero Story" format. It usually starts with a mundane life until there is a call to adventure. Through this adventure there is a road of trials where lessons are learned and fears are overcome. Both true love and true self are found and a death/rebirth symbolizes this new self. Then an ultimate boon to heal the world is found, often by finding a third way that unites dueling forces or dissolved core contradictions and dualities.

One of the most important parts about stories are the lessons we can learn by reading them or listening to them. We can be taught how something came to be or what values we can find within ourselves or others. Even if the story is your own there is a lot to learn from it yourself.

Have you ever hit a home run, but did not realize it at the time? What is your story?