

SHINING GRATITUDE

I noticed that I was being challenged, or should I say asked, to review certain aspects of myself. It presented itself slowly over time, at first I was barely aware that I was being asked anything. I did notice that something was off, yet could not put my finger on it. Yet, it was building like a volcano under pressure, and was threatening to blow!

Then suddenly, in a quiet moment of reflection it hit me! Mirrors were being presented to me, those odd little quirks in others that cause unseen triggers to go off within me. There were many emotions being brought to the surface, not just one or two, for consideration. I will admit that it was a shock, and I thought nah, not me, I am not guilty of those aspects – it is them.

There is an old saying “it takes one to know one” and that is often a hard pill to swallow.

I started to pay attention, to observe, what was going on when an emotion of frustration, hurt, impatience or anger washed over me from the action of another. I wanted to see if the mirror was clearly a mirror or simply a tool that would show me a new path to be discovered.

It became clear to me that a couple things were going on. One, having others present their “busyness,” showed where I had been disengaged when dealing with people because my plate was full. I noticed that I was not hearing all the words being said to me because I typically had 2 or 3 going on at once. I was having to say “I am sorry, I missed that, and can you repeat it, please.” Not something I was particularly proud or pleased about.

Having many important projects and deadlines happening at once meant that none of the projects were getting the proper attention. I tend to miss things when that happens and I also get so overwhelmed that I don’t know where to start or what to do first.

And then perhaps the most important mirror was presented to me. The shadow of fear and not meeting a standard. Either one imposed by others or by oneself. The most important because that becomes the acceptance and judgement game. One where I would be living in non-acceptance and judgement of others. Really, that is how it would be mirrored back to me, because I was living in that state.

Those are a couple of examples of what was being generously mirrored to me for review by other unsuspecting people. I did not like that I was not hearing, was missing little details, and was feeling like I was failing. I could have rolled on down the pity path, but decided that I needed to shine my light on those shadows. After all, they were being given to me as a tool.

So how did I shine my light? I am glad you asked! I started off by simply taking a deep breath and saying a silent thank you. Thank you for showing me an aspect of myself that I am not happy to have continued. Think of it as a releasing, I was releasing that which no longer served me by simply thanking it. Amazing things started happening, instead of being irritated I could giggle silently. In that shift, I could see how there was no cause for me to have any emotions around others actions, instead I needed to just observe what was going on. If I was to do something, it was to look at where those actions resided in me. As I was having a negative emotion around it that meant I had the power to shift it.

The more I practiced this thankfulness, the easier it became to stay focused. I was then reminded that to be of service is the best way to help yourself. It was not about putting on a fake smile, but a true, genuine “how can I help you?” I felt lighter, more centered, and easily able to complete tasks. Even when I was pulled away, I could take up the task without much effort. I was back in my groove and all it took was an attitude of gratitude. Just to ensure that I understood the importance of this simple tool, the universe threw me a tidal wave. While the drama of others almost made me capsize, I silently thought, wait a minute – take a breath, and ask yourself is this me or them? I gave thanks for the tidal wave and their drama and moved forward fearlessly.

Next time you are irritated by the actions of others do these three things, one - take a breath, two – give thanks, three – look at where it resides in you. If you are unhappy about something, and that is what is happening with these emotions that spring forth, you have been given the most amazing opportunity to shift it and release it.

Gratitude creates a sacred space that surrounds you. Your own personal sacred space that requires nothing material or external. When you walk in gratitude this sacred space expands and provides an overall sense of health and well-being. It becomes a silent protective bubble that supports you as you release an untoward behavior. It is a calm that is able to weather any storm life throws at you. You begin to see everything in a new way and acceptance and love are easier to extend to all around you. Because, as you release those shadows in yourself that others are mirroring, you have less to be irritated by.

An attitude of gratitude has more healing power than has been tapped.

Namaste

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