

HOW YOU AFFECT OTHERS

Most people rarely give thought to the effect they have or will have on others!

Frequently I have the opportunity to have a window seat on an aircraft. Looking from above at remote communities and observing the street patterns and close dwellings of cities means from the smallest to the largest populated areas almost everyone, if not all have close encounters with others every day.

In the home, office, worksite and community, in this close encounter existence we unconsciously absorb each other's energy, adopting the moral fibre and temperament of those with whom we share close quarters. Everything we do or say has the potential to affect not only the individuals we live, work, and play with but also those we've just met.

Although we may never know the impact we have or the scope of our influence, accepting and understanding that our attitudes and choices will affect others can help us remember to conduct ourselves with grace.

From the many who seek clarity on how and where they 'fit in' to a place in this world, workplace, community or family I am increasingly aware that too many are living in close encounters yet feel 'isolated' by the simple element of 'ignorance'.

People rarely give thought to the effect they have or how their current word or action will have on others. The evolved person will take a few moments to contemplate how their individual mode of being affects the people they spend time with each day – in this we come closer to seeing through the eyes and life of another.

CREATE CHANGE

- Practice gratitude and healthy values.
- Appreciate and gracefully encourage everyone.
- Assist those who are making mistakes.

- Eliminate 'put-downs'.
- If you can't put your thoughts into kindness – erase the thought.
- Fear and force are ineffective tools to motivate others.

The pace and fullness of modern life can serve to isolate us from each other or make the contact we share more significant and valued.

- A smile can change a person's day.
- Small gestures of kindness can prove to those embittered by the world that goodness still exists.
- The art of listening is an incredibly helpful skill to have.
- Respect is a value to be modelled.

When we seek always to be friendly, helpful, and responsive, we effortlessly create an atmosphere around ourselves that is both uplifting and inspiring.

Remember, your influence like the shadow of a great tree, extends to places you may never be. In creating an inner landscape of grace and kindness our silent demeanour becomes the inspiration others seek.

If we behave and interact with others from pretence rather than an inner landscape of warmth, tolerance, grace and kindness it will be reflected in our face, body language, voice and choice of words.

When you develop an landscape of peace and harmony all who enter your presence, leave with a sense of peace and gratitude.

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An experienced teacher and intuitive earth mother, her natural abilities are supported by her professional background in health and behavioural sciences and twenty five year career as a professional kinesiology teacher and practitioner. Living in Perth, West Australia she runs her own private practice and mentor program and travels locally and internationally to speak at events, present Creative Self Mastery programs empowering people through times of change.

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