



Cultivating Change, LLC Renée Canali, Life Coach Vol.2, Issue 2 February 2005
The Energy of Giving

February is the last full month of winter. But, have you noticed that with a few warm days and intense sunlight, the bulbs begin to convert the warmth into energy? My crocuses are blooming and my daffodils have stretched to about 10” tall, their blooms developing beneath a cloak of green. It amazes me how things can be happening right before our eyes and, unless we take time to notice, we miss these miracles.

This month, I found myself deeply involved with community issues. The community I live in borders an apartment complex that suffered a fire and close to total loss of the personal belongings of 29 people. Fortunately, no one was injured and everyone was placed within the same apartment complex within a few days. Then, more recently, several neighbors suffered vandalism in the form of vehicle damage and spray painting. The feelings of being violated are over-whelming for them. These families have done well to begin putting their lives back together, partly because people in the community were willing to reach out to their fellow humankind.

I am happy to have been blessed with living these miracles: people stepping out of their daily routines and reaching out to others. Although the media sometimes gets too focused on what is going wrong around us, it is heart warming to know that a surge of good is always right around the corner.

As you go through your day, do you take time to notice the “warmth of the sun”? Are you focused on the little kindness your fellow employee bestowed on you or another employee? Can you “feel” the intensity of someone else’s thoughtfulness? With focus and daily practice, it becomes very easy to tune into the positive energy force that surrounds us.

Back in July 2004, I challenged you to a game of Conversation Tag. By trying something different you can break out of an old pattern and can have a positive affect on not only you, but also the person you engage with in conversation. Do you remember the last time you were struggling through the day and someone started a conversation with you that changed your mood? This is the warmth I am referring to above.

It is a far better day when I can look back and see smiles than it is when I fear looking back at the disappointment others suffered by my actions. Take a lesson from nature. Nothing survives by itself. Flowers depend on sun and water to jumpstart the energy within. People depend on other people to nurture, guide and energize their souls.

The feeling that results from giving of yourself lasts far longer than the feeling you get when receiving from others.

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GARDENER'S ACTION PLAN FOR FEBRUARY 2005 ©

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When I was younger and misbehaving, my mother would always say, “You get back what you give, tenfold”. This didn’t make any sense to me back then.

As my children approached 3 and 5 yrs. old, this message started to sink in. Since I behaved certain ways when I was younger, my children were bound to out do me. I tried to correct the process so history would not repeat itself.

I had some success, but the true results are just starting to become evident now that my children are young adults. Every now and then, they say something or do something that reminds me of my mother. Not a mannerism or a specific phrase. No, it’s more than that.

They take time to notice someone else’s feelings or needs. They choose to do something beneficial instead of some-thing detrimental to themselves or someone else. And they don’t expect anything in return!

Now, I can look at my actions with clarity and focus. I know that if I become defensive about something, it could be because I am afraid I don’t know an answer, or that I am not perfect, or that someone else can do better than I can.

It also works in another way. I can predict that when I am thoughtful towards another person, whether they notice or not, I will experience someone else’s thoughtfulness in return.

How do you get to that point where you realize how your actions, thoughts, reactions or moods affect what you get in return?

1. Become aware when you react quickly to someone or something.
2. Ask yourself why you reacted in that manner. Be honest with yourself.
3. Determine how you would like to respond in a similar situation.
4. Determine what support you need to make a change. Get a support system in place.
5. Fight the urge to live on autopilot.

Doing things in the same way every day, over and over, allows us to go through life without focus and clarity. It conditions us to expect the same results in similar situations. We become programmed to react as we have done before instead of allowing ourselves to act according to the situation at hand.

The best way to change someone else is to change yourself.

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