

Give Love Positively

We all have our ways of expressing our love and gratitude. But does saying it during those special moments or everyday, make the difference? Shamini Hensen explores.

The greatest gift of working with different individuals is I gain a wealth of learning from their experiences to personally draw from. Many of my clients share how they now respond differently to old situations, to create happier outcomes and they feel happier too. A case in point, a single mother, let's call her Kim, asked for support as she was going through her separation and now divorce. She realised that she wanted this period to be the best growing experience for herself and her two children.

It's the end of the school year, and the children's annual concerts are coming up. Her mother mentioned to her that she preferred if Kim's ex husband did not attend these events with his girlfriend, for reasons that she thought inappropriate.

Kim replied, "Mum, I can't control what he does and with whom. Let's be forgiving and have compassion. We choose the higher road. Love and accept everyone graciously." And her mum kept quiet when normally an unpleasant discussion about her ensues.

I was having coffee with my single girlfriends and one of them shared that her father asked if her 'weird and funny' friend was coming to this year's open house. She explained her friend was just uncomfortable last year as it was his first open house being a foreigner. She told her father he should reserve his judgments and criticisms on her friends till he got to know them. Later she sat back and smiled as her father and "funny" friend

found things in common and enjoyed a good conversation.

It is uplifting when you are surrounded with individuals who have decided that they would be the best of who they are and are on their best behavior. So how did they decide? Every moment of every day, we form perceptions of new people we meet and the ones we already know. Our mind is so powerful, that we already have preconceived ideas and opinions deep in our unconscious that determines our response and behavior. These deep programming is a result of our upbringing, interaction with friends, events that happened, what we read, hear and feel, our culture, our education and the influencing list goes on. We may only receive the trigger once and we are anchored for life to its message. Just imagine, if we receive the same trigger every day?

It's wonderful, when the message and result is positive and uplifting, what if it's the opposite? We can spend our whole life undoing that rotten programming and we'd only scratch the tip. My strategy is to create new efficient powerful programs and let the old and useless ones be outdated and redundant. Creating and maintaining loving lasting relationships is a great way to take a look at the programs you now run. The most important ingredient to an excellent relationship is when you get that Perception is Projection.

What that means is, whatever you see in others is a reflection of you. I remember how

my coach explained this concept; every time you "complain" about other women, you are really revealing yourself, your own insecurities and faults. You can only see outside of you, what is inside. That did it for me! I decided from then on I would only see the best in everyone. It's easy with most people and most challenging with a few, I admit. What really starts to change is how you begin to feel. You will radiate positivity and have a perpetual smile on your face because you only meet amazing wonderful people. And all of them are good. Even in the worst of us, there are parts that are good. I choose to see only that, always! It takes practice and discipline. And as a result, I love myself more and accepted who I am more readily.

People I meet are my mirror and they reflect only good. And that makes me feel happy. My friend commented that she almost hates my positivity and optimism and I have been called Pollyanna. And I am proud of it all! The secret is the more you see the best in others, they become the best of who they are. Next, you got to find what compels you to even bother. What is so important to you to create relationships that are enriching and nurturing in your life? So I ask you, what would your world look like, if everyone you met, liked you, is trustworthy, caring and they would be willing to lend you a hand when you asked?

Heaven on earth, that's right. What would drive you to create just that? For most, it's

LOVE. Love can keep you busy creating the reality that you desire especially when you don't feel like it and when you meet the occasional person or two who teaches you patience. What is Love, you ask? My definition is to give and serve the other person to his highest good.

You could doubt, find fault, criticise, judge, wait for imperfections to show up or simply choose to see the light in everyone. It's easier to catch the light, believe me, makes you feel like sunshine. I say 'I love you' easily and mean it to as many people I can everyday. Top on my list are my children.

We have been programmed to confine our love to a privileged few; our parents, children, spouse, certain friends. This heart is all muscle and it can expand with love overflowing, the good news is you have enough love for all mankind, plants and animals, Mother Earth

as well. Like all muscle, you got to exercise it to strengthen it. I quote my yoga master, Manisekaran, "The world does not need warriors, it is in dire need of lovers, and be an exemplary lover!"

There are many ways you demonstrate love; you show it differently with your parents, children, spouse, friends, business colleagues and the man on the street. Start with a smile. Give a compliment. Share a hug. Say Thank You. It's all effortless and free. It's the little acts that speak of love, so offer your love to as many every day.

Love is our highest value. At the source of it all, everything we do is for love and in the absence of love. There is the love that waits to receive, is conditional and temporary or the love that has unfathomable depth like a calm ocean. The kind the more you give, the more you seem to have to give and it's unlimited.

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True love has a peaceful quality, filling us with warmth and light.

And it's amazing when you least expect it you are surprised with life's special gifts returned with the same goodness and love. When is now, a good time to give your love away? It's the season anyway!

I love you.

Catch Shamini Hensen, during the live radio talk show on BFM 89.9 every Monday at 6pm.

Courtesy of Health & Beauty magazine, December 2008 issue.