

Wisdom Nuggets

How sharing illuminates your Heart and Soul

Folks like to talk about themselves. Elders are full of stories of their Life. The sad part is that most folks are far too shy to ask a stranger something about their life, especially to someone older than them and in particular when you are in the presence of an Empowered Elder. Oh, there certainly are those who are very free and open and will have no blocks in asking. I love those kinds of people!

But even in a close family, some of your loved ones may be reluctant to ask you questions.

Perhaps they fear you will bore them. Or perhaps they are afraid of asking something that may upset you.

Young ones, on the other hand, have no boundaries. Nothing like having a 3 year old ask you if you killed anyone in the war over a holiday ham.

Whenever the opportunity arises, and you have a chance to share something, do it.

Whatever you share, make sure it has something behind it... a laugh, a lesson... a sharing that opens a key to engaged conversation.

No gossip. No recent medical reports.

Instead, speak of something that captivates the heart and the Soul of others.

When we share something in a Good Way, it illuminates our Heart. It allows our Soul to have an avenue for outward expression.

Here's an example:

Say I am seated at the dinner table with my wife, my father, my son and my sister. I have just served them a Friday evening dinner.

"I would like to share with all you, my gratitude."

Nods around the table.

I reach out to take my neighbors hands. (This keeps them from eating for a moment so I have their undivided attention).

"The meal that we are about to share, it comes from my heart. This was not an act of labor.

Instead, it is an Act of Love.

“A long time ago, I decided that whenever I am blessed to cook for others, I would do so with a Loving Heart. This certainly makes the food more digestible!”

Laughter around the table.

“So please, enjoy the food. From my heart to yours.”

I look at my son; “So tell me, what Love have you brought with you to the table today?”
Certainly beats talking about the weather!

And did you notice, there are no cell phones and no texting.

Heya Hey! Human Interaction!

A-ho!