

We Are All One by Peggy McColl

As goal achieving individuals you are likely very familiar with the Law of Laws; The Law of Cause & Effect. This law works in alignment with "what you put out you get back" right? Well, that applies to everything. Every harmful, negative, hurtful, and malicious thought, every gesture, every word, every bad feeling you have, ever had or will ever have directed toward another person will be returned to you.

Recently one of my clients came to see me for her mentoring session. She's a competitive dancer and a very good one. Even though she has only been competing for a short time, she is getting a reputation for winning all of the top awards. She has a true talent and a gift for dance, and has found her bliss on the dance floor. In the studio where she takes her lessons there is another lady who also competes. Prior to my client (we'll call her Mary) joining this studio, the other competitor (we'll call her Sally) was winning all of the awards. Rather than being happy for Mary, Sally has resorted to methods of attempting to diminish Mary's credibility by spreading nasty rumors about her. Mary has chosen to respond to these rumors in a less than favorable way. Mary now views Sally as the "enemy" and has nasty things to say about her too. Mary would like nothing else than for Sally to fall down and break her ankle, or have some other fateful event happen that will not allow Sally to compete. Or, Mary would like to spitefully beat her out of all of the competitions just so she could "show her".

Well, what do you suppose my response was to Mary when she started to share her obvious dislike for Sally? First of all, I let her vent her feelings because I wanted to see what was inside. (Wayne Dyer has been known to have said: "If you squeeze an orange and orange juice comes out, it must have been in there in the first place.") If Mary had these ugly feelings, we might as well see what they are and get them out on the table.

Mary explained to me about the nasty treatment she was receiving from Sally. Sally was saying really harmful things about Mary. Sally was trying to brainwash the dance studio owners to kick Mary out of the studio. Sally was trying to convince Mary's Teacher that he shouldn't waste any time with Mary. And, accordingly to Mary, Sally was trying to get every other dancer in the studio against Mary. Every time Mary entered the studio, Sally would shoot dirty looks at her. Mary asked me how she should "attack back".

My response: "There is only one answer, and it is very clear to me...and that is....LOVE. Send her only LOVE."

"The answer is LOVE!" Mary sat there in total shock: "What! You want me to send her love? Have you not been listening to me?"

I listened to every word. I could also see how Mary was hurting herself by having these nasty feelings about Sally. You can send love to someone silently. They don't need to know what you are doing, but over a period of time, they will "feel it". They'll soften. They'll likely even stop.

No person has any power over you unless YOU give it to them. If there isn't any truth to what Sally was saying why would Mary be upset? If you are feeling upset because of something someone has said that is harmful or hurtful it is likely because you believe there is some truth to it. If there is no truth to their words, why would you be upset at all?

I suggested to Mary to silently send love to Sally. The next time Mary saw Sally think loving thoughts and wish her success with her competitions. Competition does not mean "enemy". As a matter of fact, competition comes from a Latin word that means "to conspire together" not fight against.

We are all one. What you send out to another, you will get back.

The next time you are driving in your car and someone cuts you off, instead of getting angry or shouting nasty words to the person in front of you (they can't hear you anyway), just ask yourself: "I wonder what caused that person to drive like that?" Is it possible the person in the other car didn't see you? Stay indifferent. Your thoughts need not be judgmental, but rather, observational. You do not need to get emotionally caught up in another person's behavior or activity. You are at choice.

Take this next statement and paste it on your mirror, and remember the wisdom of these words:

"What you give to another you give to yourself."

Give love,
Give hope,
Give joy,
Give peace,
Give comfort,
Give fun,
Give harmony,
Give compassion,
Give respect,
Give patience,
Give gratitude,
Give abundance.....

and watch it all come flooding back to you!

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