

# Spring Planting

We have the power within us to create a more vibrant, loving and kind world. Our thoughts are very real, biochemical and bioelectrical impulses, which send out waves of energy just like radio waves. Whatever frequency we send out comes back to us. We can also actively send positive energy to others by simply thinking *kind and loving thoughts*.

Recently I was forced to remember this concept. I had planned to make a quick stop at the bank, only to find the line up tremendously long, and my thinking not conducive to being *in the moment*. As I walked into the bank, I immediately groaned and let out one short expletive! (*Sound familiar?*)

I wasn't in the mood to send positive energy. I just wanted to get out of there, but I had just set myself up for a long wait. I watched the clock as the minutes slowly ticked by, ticking me off more with each passing moment. I allowed myself to get more and more anxious and agitated; the language in my head and under my breath becoming more and more x-rated!

I glared at the tellers (obviously incompetent) and wondered why the manager wasn't helping? When two tellers disappeared from the floor, I fumed. A man in a suit walked by and said *"They'll be right back. They need to get some change for another customer."* *"Customer service,"* I harrumphed, *'what a crock!'* The more attention I gave to my negative energy, the longer I waited. Twenty minutes later I left in an *ugly mood!*

I keep uplifting tapes in my car and thankfully, within a few moments of listening, I returned to my "body". The moment of truth hit me hard. I had let myself waste twenty minutes of my precious time! Time that I could not get back. This was *my* life and *my* day, and even though I had errands to run, I could have chosen to enjoy *my* moments. I teach others how to use 'wait' times productively by focusing on desires, or daydreaming. Why didn't I choose to do some active daydreaming as opposed to getting angry?

I vowed I'd remember this as I move through my days and sure enough, another opportunity soon presented itself. I ran into the grocery store to grab a few things and found the lineups were five customers deep at every till. I made my way through the line to the cashier, clearly struggling to maintain her composure. Her smile and greeting was thin. I decided to send her loving thoughts and started speaking to her in a friendly manner saying *"Wow, is it ever busy in here,"* giving her permission to vent her own frustration.

She said she couldn't wait for the day to be over. Four cashiers had called in sick and the customers were not pleasant. After she vented, I said, *"How lucky we are that we can just pop into a grocery store and buy whatever we want to eat."* She replied and spoke about the many blessings we take for granted every day and the importance of being more appreciative. We shared a laugh and when I left I felt as though I had contributed some 'peace' to her and to the world at large. I felt good about the use of my time and energy.

I know that the seeds I plant in the spring will not become flowers for one, or even two months. I also know that the 'thought' seeds I plant do make a difference, even if I don't see instant results. This spring, make a difference in your own world by sowing seeds of kindness and compassion. You may find this is the most rewarding "planting" you have ever done.

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