

## Hurtful Words Hurt YOU the Most



Whew Boy! All the wonderful gatherings we have this time of year can be so wonderful to catch up with everyone; we feel obligated to fill the time together with any kind of chatter. So it gets really easy to throw in the latest gossip. We have to be careful here, as WE FORGET HOW MUCH IT HURTS ALL OF US! I know that if we stopped to think about this first, we'd keep the focus on ourselves instead of the others that are not there to defend themselves.

Let me give you a visual to consider before you think, type, or utter any negative words. Picture bad thoughts as a DAGGER IN YOUR HAND. When you decide to engage in thoughts or words that are not helpful to anyone, you raise the dagger high overhead and viciously stab it into the person or persons you are talking about. It doesn't matter if what you are saying is true, false, or speculation...the jabs occur whenever you pass along or think of anything that does not directly benefit all involved.

But that's not the worst of it. Your dagger stabs everyone else in the vicinity as well, including whomever you're communicating with and anyone they communicate it to, and so on, and so on. Still, it doesn't end there. Gossip is a rampage of emotional harm to all. If that troubled couple you're talking about has children, you're stabbing them too, along with anyone else associated with them. THE DAMAGE YOU CAUSE IS IMMEASURABLE!

But there's more. The negativity of your stabbing spree TURNS THE DAGGER ON YOU, AS WELL. The last blows are to yourself, and they continue as the destructive force you initiated continues through other people, intentional or not. Your only hope is in the wise choice by others, not to partake in the mass destruction, or in prayers sent up to counteract it by anyone, including you.

Let's think about why we select negative communications over positive, helpful ones for a moment. Well, we are only human, aren't we? But, we still have to remember, we are in full control of our thoughts, actions, and especially, our communications. There's only one reason we chose to point out flaws in others...it's because we are unhappy or fearful of something IN OURSELVES. Perhaps we are not truly comfortable with who we are, and deep down, are afraid others will see we're not perfect, and so, we try to distract them with the faults of others. Maybe it's because we know we are not all we should be, and we try to convince ourselves "we're better than someone else" by putting their weaknesses on display. Are we accomplishing this? No. We really do know better.

First of all, we KNOW that icky words from us leave us feeling icky. We may try to deny it, but we know full well, it is NOT making us happy. We KNOW it doesn't make ANYONE happy, and so WE KNOW we are the source of someone's hurt and sadness. That does NOT feel good! We do ourselves the most harm, as it drives us further and further away from loving ourselves and others, from finding our true selves and our dreams and fulfillment in our lives. Everything we think, do, and say has one of two effects: It either helps us realize better who we really are, or it drives us away from this. There is no in between.

Likewise, as we do things that are good for us, we automatically have a positive effect on others, but when we do things that harm us, we automatically harm others. Again, there is no in between, as much as we want to deny it. All we have to do before we type or speak is to think, "Is what I'm going to say going to help, encourage, and inspire myself and others? Will it make me feel happy and proud forever?" If the answer is NO, then DON'T DO IT! STOP THE MADNESS! You won't regret it and don't worry about people thinking "you're not in the know!" Truly, WHO CARES? Wouldn't you rather have people know they can trust you and that you're better than that? So think about it...

So hey, I know how easy it is to partake, and I have to actively work on keeping my head clear in an attempt not to get sucked into it. A couple of things that work for me:

1. Distance yourself from people and situations where this routinely occurs.
2. When gossip occurs, attempt to change the subject, walk away, or try to end it by politely indicating the facts about how everyone has to live their own life or that your talking about it doesn't help, and how you'd rather talk about things that really matter in your lives.
3. Pray for strength and courage in always having a positive effect on others, and pray for the speaker and all affected by it. There is tremendous power in prayer!
4. Keep your life focused on what is good for you and what makes you feel blissful in life; it's also a great role model to others. Truly, we need to spend more time working on ourselves, versus others. Everyone has the right to choose their own life and their own actions, even if we truly believe they are doing something wrong, it's still their right; we have no authority over them (unless you are the parent of a minor, of course). Lead by example, give your honest advice if they ask, and hope they see and want to imitate your good qualities, eventually.
5. As I research the very real energies that are proven to exist, I see a trend where electronics and closed-in environments tend to "pen-in" and increase the negative energies, but nature, animals, and natural light (sun, moon, and stars) tend to "absorb" and remove negative energies and feed us positive energies. Just try weaning yourself off of any of your electronics more and getting outside more and just see how you feel after that! I've read that we should all get outside for at least an hour a day for this very reason...just try it and see what happens! There's also a favorite saying that I read once, that comes to mind whenever I'm outside looking around, that goes something like this..."Even the majestic trees and humble blades of grass reach for God and the heavens, as we should..."

Let's show a little more love to others and ourselves as we step into the New Year! If you have any other ideas on warding off negativity, please post them to my Facebook wall. Simply go to my website, AnniePress.com and click on the FB symbol to get there. God bless you as you make 2012 the BEST YEAR OF YOUR LIFE! ~Mary Anne

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