

January 2015 – The 501

Yesterday I did something unusual for me. I caught a bus, connected to a train and then hopped on another bus. As I write, I realise that the words I've just chosen all suggest lightness and movement, which is exactly how the journey panned out. It flowed...it had momentum and I jumped on board and went along for the ride.

The interesting thing is that whilst initially annoyed and resentful that I couldn't just jump into my car goddam it because I was going to pick it up and that the trip would eat into my day and stop me getting through my 'list', I quickly registered my negativity, turned it around and set my intentions high.

In true fashion, the Universe responded to my adjusted energetic vibration and matched my desires. It gave me all the connections I needed. Note to self...the Law of Attraction is *always* at work!

Sitting at the back of the 501, heading into unknown territory and with my eyes glued to my GPS, I was jolted from my reverie when 4 youngsters behind me all shouted out *THANKS* to the bus driver in big, loud, cheerful voices before exiting the rear door at their stop.

It's bizarre but in that very moment I realised that I was now having a much better day than before. Their heartfelt appreciation for the driver had a knock on effect, which made me feel all warm and fuzzy inside. Their gratitude towards the driver (which I'm embarrassed to admit I hadn't expected...and me with a teenage son of the same age!) did what is now known that random acts of kindness do....they create an emotional warmth, releasing the hormone oxytocin in the brain, which has 'cardio-protective' qualities, enhancing health and wellbeing.

What's interesting to note here is that not only do the givers and receivers of gratitude receive the oxytocin boost, but 3rd party observers like yours truly in this situation do too.

Back on the bus, my stop was fast approaching and all of a sudden I realised it was my turn. Not at all used to shouting out loudly at the driver from the back of a bus, let alone *being* on a bus, I suddenly felt self-conscious and contemplated saying nothing at all. 'Walk the talk' I internally roared at myself, conscious that I'm forever encouraging out of comfort zone behaviour from my coaching clients.

I duly obeyed, looked the guy in the eye, shouted out my thanks and bounced up the road.

So, my message to you for this month:

- ✓ Spread the love...even if it's a simple thanks...it will bounce back
- ✓ Get uncomfortable and give yourself a dopamine hit (dopamine is a neurotransmitter that boots the brain's pleasure centres)
- ✓ Leave your car in the garage and catch a bus ☺

It may well be worth the ride.

See you next month!

Caroline