



Tips to keep you airborne!



Wielding magic with a wand November 2018

Walking through airport security the other morning, I was singled out for an explosives screening test and boy was I glad that they'd randomly selected me.

Now you're probably thinking 'odd...who in their right mind would be grateful they'd been singled out for inspection...especially at an airport?'

Well, the answer lies with the security woman, wielding her wand.



She stretched out a welcoming hand, looked me in the eye, beamed a beautiful smile and said "Thanks so much for dropping in." It seemed heartfelt.

I was gobsmacked. Never before had an explosives security officer (and I've 'dropped in' on quite a few lately) treated me with such warmth and respect.

It's as though she was grateful that I'd stopped to check in with her...that I'd done her a huge favour. She made me feel so comfortable. Rapport was instant.

I told her as much and this is what she said in response...

"I just want people to treat me the way I want to be treated."

This lovely lady understands and breathes fire into the Golden Rule of Communication (Do unto others as you would want them to do unto yourself).



She makes a point of going out of her way to make all her 'customers' feel good. This, in turn, makes her feel good.

Starting each day with gratitude, gratitude that she's woken up to a new day, this sets the tone for her day and puts all her worries into perspective.

It creates a ripple effect.

I felt it and floated on, filled with greatness and gratitude.

So, here's an idea (and it's by no means new at all), to start your day on a high vibration, upon waking, pause awhile and think of 3 things you are grateful for.

You see, thoughts influence feelings; feelings influence behaviour; and behaviour influences results.

Think happy -> feel happy -> get happy -> be happy -> think happy -> feel happy...you get the drift.

In fact, why not give it a go right here, right now while I have your attention.

1. Close your eyes
2. Think of 3 things you are grateful for (anything at all...grab the first things that come to mind)
3. Open your eyes
4. Now reach out and get a pen and paper...or open the notes app on your phone
5. Write them down (this helps infuse the magic)
6. Smile inwardly :)
7. Now go wield your magic wand

Here's to creating a ripple effect!

Caroline

