

Hold a Positive Thought
by Kathie Brodie
August 2008

Given two outcomes, do you automatically see the positive one or the negative one? Is the glass half full or half empty? It is partly sunny or partly cloudy? I'm sure you know people that always react a certain way when faced with two possibilities. Have you ever wondered why that is? Why do some always see the glass half full and others always see the glass half empty? Is that something they are born with or do they grow into it or can they actually change their programming?

Yes, environment plays a part. If we are surrounded by negative family members and negative friends, probably we will follow suit and be negative. But what about the ones that go the other direction? What about those of us that have made a conscious decision to see the positive in any situation? What does that mean? Are we more evolved? Have we simply spent more time changing our attitude because we see negativity to be unattractive in others?

I think of myself as a very positive person. It hasn't always been that way, and I can remember when I made a conscious decision to be positive and to find good in things around me. What a difference one little decision can make. Unfortunately it wasn't in grade school or even high school (what a lot of years wasted!). I was a young adult before the light bulb went on and I began surreptitiously looking for good. It wasn't exactly vogue back then, so I was almost a closet good-seeker while I still gave lip service to the negative one-upmanship of friends (You know the friends that always complain, "I didn't get chocolate cupcakes at my 5th birthday party, which you trump with your response, "I didn't even get a party when I was 5."). Back then it was looking for good but not actively seeking good, more of just a noticing when good happened (rather than making good out of bad.)

Then one day I overheard a friend in an exchange with his daughter and it actually changed the way I thought about things. There was a mirror that was used as a serving platter and it had liquid on it. It needed to be carried to the sink and washed. Sounds simple, but it was precarious because there was no lip to catch the liquid. I heard my friend say, "I bet you 50 cents..." and of course I finished the sentence in my head for him without thinking, just as you probably have now. What he actually said was, "I bet you 50 cents that you can do that." I was stunned to think how easily I jumped to the wrong conclusion. What a difference it made to give a positive affirmation! And how easy was it to just leave out one word, one little word, n-o-t! That totally changed the way I looked at the way I looked at life.

That was the day that I really took a hard look at my thinking about positive versus negative. Such a small thing, one sentence, but the implications were far reaching. Now I actively look for the positive. It isn't always easy to find, but if I can't find the positive I look for the lesson or the gift. I don't require others to feel the same way, I just do it for myself. But I am finding that I attract what I send out, so I have more positive than

negative in my life now. Yes, a lot may be happenstance, but a lot is the law of attraction.

I challenge you to play a little game. The next time you are at a register, say something nice to the sales assistant. Just notice how the energy changes. Keep doing that as a game until it becomes second nature to you and you always have a positive interaction. I'm not saying it will always be easy, but even if you don't know it at the moment, you have spread a little joy just with a smile and a kind word.

We are all interconnected and it is becoming more apparent as we have more eclipses and more Mercury in Retrogrades. No one is separate. Look to your left, look to your right; wouldn't you rather find a positive influence there than a negative one? Okay then! I challenge you to remember that as you look to your left and then your right, the person next to you is doing the same thing. Be the gift they find when they look in your direction; you'll find it doesn't really take that much effort and the payback is beyond measure! One moment at a time, we can make a difference.

©2008 by Kathie Brodie, www.thebaggagehandler.com