

WHEN LIFE FEELS EMPTY

When life feels empty, people manifest syndromes, sicknesses, gambling, indulging, overspending, self deprivation, self sabotage, anger. They resent and hold on to unresolved issues. People become the victim of workplace bullying, and/or the domestic/sibling bully. We become unsettled and over loaded with limitations of all kinds, no matter what happens many are still unfulfilled.

Is your life empty?

Are you busy with busyness and deep inside feel empty?

Are you amongst the people who wander from day to day with a yearning for that someone or something to fulfil your needs?

If yes, devoid of inner contentment, peace and self kindness your soul is impoverished and you wander the earth looking for that something else to fulfil your needs.

Searching for... what?

When was the last time you took time out for you? When did you do something special for you ... without feeling guilty?

Life is finite, why spend time yearning, fearing, judging, comparing, being harsh on our self?

Be the change you want to see.

Have an inward look with a kindly eye. Be kind, if you notice the seeds of self kindness are shrivelled and dying, water them with love. Feed them the foods that will nourish and strengthen their purpose and right to exist. Encourage kindness to take time for a self hug, picnic at the park, walk by the water, discover changes in the forest, play more music, sing, dance, have fun and laugh lots.

Plant inner-strength and gentleness companions and protectors. Instruct your self-kindness receptors to only absorb positive comments and guidance.

If you are yearning for human company join a walk or bike for charity or some other community project become involved in human endeavour, stop waiting for the perfect project, just go out and do it.

Take a wander through the garden of your mind – you may be surprised at what has grown there since last you looked!

Role Models

Many live in a harsh (usually self made) world where they get over-wrought providing, creating an image (for who I wonder), often forgetting the example we are creating to those who follow us.

As role models, we tell our children 'treat others as you wish to be treated'! Do our children see us being kind to our-self. Do they hear us speak loving words to our-self or are the only words they hear us muttering are self-foolish and derogatory affirmations.

Are you seen as a work-a-holic, a driver, a person who never rests or has limited time for family, friends and community? Is this the expectation, the subliminal message you wish to impart to those whose lives you influence.

In the grand scheme of things, we are here on earth a very short time.

In the end, only kindness matters! Take another walk through the garden of your mind, throw out the plants of resentment, perfection and loneliness, be rid of the idea/seed that you have to prove to someone or society that 'you are' what they thought you could never be! In the garden of your heart, plant seeds of kind-hearted-ness for yourself, your family, your community and for future generations – be a kindness role model.

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Tel: +618 9457 3763 | E: info@sylviamarina.com | www.sylviamarina.com

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HELPING PEOPLE THROUGH TIMES OF CHANGE
