

"YOU SPOT IT--YOU GOT IT!"

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When I was at the grocery store this morning picking up a cup of fruit I wound up getting in the checkout line behind a woman who had a full cart full of groceries. I was dreading having to stand there waiting on my twenty second purchase while the checker spent ten minutes taking care of her. The woman turned to me, smiled and very graciously asked, "Would you like to go ahead of me? If that's all you have, please do". I was pleasantly surprised and thanked her several times while making my purchase and getting on my way.

As I was leaving the store I thought back to several times recently when I had been doing my weekly shopping and had given others the opportunity to go ahead of me because they only had one or two items. It had seemed like the right thing to do and, in the end, had only cost me a minute or two. I realized that the kindness the woman had just shown me was a reflection of the kindness I had shown others. It was, some might say, God, or The Universe, reflecting and "giving back" to me what I had given out!

There have been other times at the grocery store, and other places, where the person in front of me hasn't been so kind hearted. I was recently in line to get my change for purchasing gas. I had paid for a certain amount in advance and had not used the full amount. The person in line ahead me purchased several items questioning the price on every one as the clerk entered them in the register. Then he asked

to buy several lottery tickets. The clerk politely asked him which ones. At that time he asked the clerk to go through all twelve or thirteen types of lottery tickets the station sold. All the while, the checkout line was getting longer and longer and some of the people behind me were starting to show their unhappiness by pacing and grumbling. Needless to say, I wasn't happy with the person or the clerk for allowing the delay, not only for me but for everyone waiting!

As I left the gas station I began to think of situations where I had been selfish. Situations where I had been "that person" who had been difficult and wasted the time of others. Unfortunately, I remembered all too well more than once when I had put my own selfish desires ahead of others. The gas station incident was a reminder to me that "I" had not only been selfish before but that I still, given the right (or wrong) situation could be! God was, once again, reflecting back to me a part of my personality.

In the Twelve Step Programs there is a saying--"You Spot it--You got It!" Meaning, if someone notices or points out the negatives in another person, the chances are, those negative thoughts or actions are present in their life. Maybe not to the extent they are being reflected there at the time, but they are there, nonetheless. Sometimes for us to see our short comings God magnifies the negatives of others!

We have a tendency to "see" a lot less of the negatives in others when we ourselves are living from a state of positive thoughts and actions. Or, simply put, when we live in an attitude of love and thankfulness. When we treat others the way we would like to be treated The Universe has a way of reflecting those positive attitudes back to us in the form of love and kindness. By focusing our thoughts and actions on

the well being of others we are giving ourselves the gift of receiving those benefits in return.

I'm trying to look for the "GOOD" in others, even when I notice, and want to respond, to the "bad". As I've closed with so many times before, treating others the we want to be treated, in an attitude of love and respect, will make our lives better--which will make our world just a little bit better place for all of us!

All my best--

Chip

QUOTE OF THE WEEK: "The man who moves a mountain begins by carrying away small stones". Confucius
