

Hard Hitting

A long-time acquaintance of mine had a problem with her son. It seemed he was sneaking out of the house at night and lying about it when caught.

She was horrified that her child, a child raised with good morals and values, would lie to her so easily.

She was appalled when I pointed out she often lied for him. A number of times she made a phone call to his part-time job to 'call in sick' on his behalf so he could attend an important hockey game with his team.

'They are not the same,' she angrily retorted, 'I only say he's sick because it's easier for him to get the night off that way!'

And maybe he thought it was easier to lie about sneaking out of the house, rather than ask for permission.

We all know someone who continuously laments their life is tough and good luck rarely comes their way. They whine about this, and complain about that.

They hate when people talk about them behind their back and hate the prying eyes staring at their life, especially in those moments when their luck is down.

In the same breath they start gossiping about this and that and who said what to whom, and sometimes they even seem to take joy in the ill-fate of others. I always look at these folks in complete bewilderment because they do not see the correlation between the two.

This has always struck a cord of interest with me. It's as though some people live in a fantasy world where they can say, do, and think whatever they want, whenever they want, but all others must be pure, honest, kind and helpful at all times.

Like the goodwill rules apply for others, but not them.

This is the hard hitting lesson for today. If you want to live a life of honesty, contentment, joy and peace, then you may need to clear the clutter of your behaviour and change the way you approach life.

If you want different results, do things differently!

This isn't brain surgery, yet it seems difficult for many to grasp, and as such, I shall be a little more candid with today's lesson than I usually am.

If you want people in your life to be honest – then you must not lie yourself. About anything. Ever. Simple as that. Lying is lying, and you can't lie when you think its okay, and expect others not to do the same.

Keep in mind; this isn't an open door policy to rattle off anything that occupies space in your head. We must remember our manners – and know that sometimes it is better to keep our thoughts to ourselves.

If you want contentment, then you must stop being envious or jealous of others. We are ALL different. We have different roads to walk and different challenges along the way, but to be envious of anyone during one of their 'good moments', only holds you back from having more yourself.

If you want joy, then be joyful! Honestly, no one like a whiner! You might think you are just venting, or getting something off your chest, but when it's the same story time after time after time, you are complaining! Long-lasting joy will never find you as long as you are dishing out angry, resentful, bitter words about yourself or others.

If you want people to like you, you have to like yourself first. If you don't, there are a multitude of self-help books and professionals out there that can help. The bottom line is this – we are ALL worthy of love and self-confidence, no matter what our lot in life is. Be the person you want others to be. You deserve it. So do they.

Life is full of choices.

If you want honesty – be honest.

If you want joy – be joyful.

If you want contentment – be content.

If you want happy, joyful, wonderful people in your life – then offer them the same.

The best thing you can do for yourself is to take stock of who you are, what you do, what you say and what areas of your life need an overhaul. Then change your behaviour so that you get different results.

If making these changes in your life requires you to delete a few people from your circle, then do so. Holding on to negative friends who don't want to evolve with the new you, will hold you firmly back in the very place you want so desperately to be free of.

Do you need to change your behaviour or choose joy, honesty, contentment and peace? Nope. A choice is a choice and each of you holds the card for that. Just as I can't and shouldn't make that choice for you, neither can you make the choice for others in your life.

Just remember, if you keep the same behaviour, don't be surprised if you get the same results. Like my acquaintance with the lying son. Neither has made any changes and thus the deceit continues.

Good luck my friends – I wish you all the best with the choices before you.

Much love on the journey,
Louise

Hard Hitting: copyright Louise Smith December 6, 2009.

Feel free to share this posting with others.

Copyright requires you include: www.ThelessonsOfLife.com / © Louise Smith when sharing.