

It's you silly...

I was vigorously complaining about someone the other day. I went on for quite some time about their lack of motivation, their lack of vision, how they were lazy and didn't follow through. If they'd just try, they'd see some success which would lead to more success. Even though this was an internal conversation, (you really don't want to have these impulsive rants out loud for various reasons) I was getting more steamed by the second. As I continued on with my tirade, a thought struck me out of the blue. I mulled it over for a few seconds and instantly the pieces came together and my high blood pressure, full on rant turned into hilarious laughter.

What was the insight that changed a full on storm to a gentle breeze? As I was going on about this person, a thought from beyond said "you know you're describing yourself". If I had been having this conversation with a live person and they said that, I'd called them nuts and told them they just don't get it. I'm familiar with receiving these insights and always admire how they are so simple yet so profound.

Whenever I begin "complaining" about someone else, I usually find I'm actually complaining about myself. All those pesky little character traits that I fail to address and prefer to attach to someone else. "Those people" if you will. When I was growing up someone told me when I point a finger at someone, remember there are 3 pointing back. That holds true with our thoughts and feelings too.

Stop and think for a minute. Who annoys you, gets under your skin? Who can really push your buttons? Now think about what sets you off. You'll find what annoys you the most are things you do and just don't admit. I know I'm a dreamer and frequently not well motivated. That's okay, but let me see that in a friend or a co-worker and I'll promptly say "what a loser!!" The people around you reflect you so take a look and see what you're really like. And remember the next time someone annoys you, remember, it's you silly.

Laugh, change it, and move on.