

DO YOU HAVE WHAT IT TAKES?

Monthly Series

~ *Marcia Harris, MA, CLL*

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PASSING ON YOUR GIFT OF LIFE

The month of May celebrates our mothers. An important part of “who” you are is directly related to that special woman, your mother. An important part of “who” you are also comes indirectly from your parents through your life experiences and learned coping skills. Your gift of life (your talents and developed skills) should always be shared with others.

Sharing your gift of life passed on to you through your mother and life experiences is a win-win as it sharpens your gift as well as motivates and encourages others.

Keep in mind, you must be self-motivated in order to motivate others. A part of staying motivated to pass on your gift of life is being true to yourself which comes from practicing gratitude and appreciation for the small and core things in life including spiritual, mental, and physical health as well as your unique gifts.

Your ability to recognize your gift of life often comes from childhood and family memories recalling how you contributed in both good and challenging times. Recalling your memories of how you encouraged or helped Mom and other family members will certainly bring pleasant and positive emotions to mind. Recalling these memories of strength and creative thinking will remind you that your special gift which still exists today.

Let me remind you that passing on your gift of life also includes sharing your challenging experiences with others outside your family who may be struggling mentally, spiritually, or physically. Sharing your past and present experiences with one who is struggling mentally, spiritually, and physically is very powerful as your story is saying “If I can overcome a challenge, you can too!”

Your story is saying “we are all human”. It is a powerful message letting others know you are also vulnerable and not as perfect as you appear to be.

After taking a moment to think about passing on your gift of life, (your talents and life experiences), you may be concerned that your story is not believable or convincing.

I encourage you not to be concerned! I am certain at this moment you are asking “Why not?” Studies show that your eyes, your tone, and your body language cannot paint a false picture when coming together in harmony. When recalling a memory, your brain retrieves bits and pieces from different areas of your brain (visual cortex, motor cortex, and limbic system etc.) connected with your senses and emotions involved in your memory. As you begin to relive your memory and story, your brain replays **all** emotions involved including your smile, the excited eyes, relaxed posture, and gestures and more involved in overcoming your challenging moments. You are flowing in harmony and your energy is not only relived but transferred and received as authentic and passionate.

The good news is that you have just passed on your gift of life!

I encourage you this month to continue passing on your “Gift of Life” received through that unique person, your mother and empower others to do the same.

For comments or to share your story, contact Marcia Harris:

Office: (740) 353-8056

Email: mharris38507@yahoo.com

Website: www.endlessbrainerenergy.com