



## Emotional Generosity

February 2005

**We** all like to receive encouragement when we are doubting ourselves, and also we like to receive enthusiasm and congratulations when we achieve something or have success at something. There are some people who are great at sharing in the good fortune of others. They get excited and enthusiastic when a loved one achieves a goal, or they offer all kinds of encouragement and positive feedback when a colleague or friend shares good news.

I have found in my experience these people generally had constant acknowledgment and encouragement while growing up. They themselves seem to really enjoy seeing the success of others.

On the other side, there are those who are "emotionally mean" These people have a hard time celebrating the success of others. They may in turn offer a terse "congratulations," or sometimes don't respond at all, some even become very jealous and deliberately try to undermine the success.

Some of them might turn the focus back on themselves when you share an accomplishment.

Many of us, I am sure will have been emotionally stingy at some time in our lives. I know I am guilty of that. It's a normal response to past conditioning, the attitudes and behaviour in the environment we were brought up in. Your inability to be emotionally generous with others may be because:

- You weren't given words of encouragement or praise growing up so you can't give what you never had.
- When you did achieve something you heard messages like "Don't get a big head," or "Don't get too big for your britches," so you shut down your excitement response.
- You may have grown up in a family that continuously raised the expectations and never acknowledged your success. This may have caused you tendency to focus on what hasn't been accomplished, instead of what has.

Becoming emotionally generous takes practice. When we're able to be generous with others, its then easier to be kind to ourselves.

We all need support, encouragement and kindness at sometime in our lives,so when someone does share a success with you, put yourself in their shoes and give the enthusiasm you yourself would like to receive if you had achieved the same.

There are several practical things you can do to increase your level of emotional generosity:

1. The next time a friend, family member or acquaintance shares an exciting piece of news, spend more time than you normally would talking about it. Be sure to keep the conversation focused on their success.

2. When you catch yourself feeling envious or jealous of a friend or family member's success, try to identify a quality in that person that has contributed to their success and acknowledge it. Then, try to work on strengthening that quality within yourself. Put your envy or jealousy to good use by getting into action to achieve the success you desire.
3. Offer more positive feedback than you normally would. If your tendency is to just say 'That's great', try to say more.

Of course, your feedback must always be genuine and heartfelt. Empty praise is worse than saying nothing at all.

Try to be aware of those people in your life who are unable to give you the response or reaction you desire. When you have something to celebrate, turn to the people you know will give you the heartfelt generosity you so rightfully deserve and will share your success.

### Angel Blessings

## *Julie and Steve*

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#### From the Angels:

Your angels are standing by waiting for you to ask for their assistance Don't worry that any request is too large or too small If we can help, we will do so immediately and you will soon see results of our assistance."

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#### Julie and Steve's Meditation CD's and Angel Essences can be bought from:

**Bahrain** - Julie and Steve, and Book Case (other outlets to be announced soon).

**Dubai** - Jack Montgomery, Tel - 00971504585860 Or  
Elements Fuengshui AL KHALEEJ CENTRE BUR DUBAI

**Will soon be available in Greece, Kuwait, USA, Australia, UK**

#### Angel Essences -

**Bahrain** - Julie and Steve

**Dubai** - Jack Montgomery Tel 00971504585860 Elements Fuengshui AL KHALEEJ CENTRE  
BUR UBAI

Art & Picture Framing Lamcy Plaza, Ground Floor

**Soon in Greece, Kuwait, at Stellarhouse, Saronida Athens.**

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Julie is a Usui Reiki Ryoho Master / Teacher, Angel Therapist, Crystal Healing Therapist, Physic Reader, Past Life Regressionist

Julie holds a Bachelor of Arts Degree in Education and is the founder member and Managing Director of Conscious Connections.

She is a member of the International Association of Crystal Healing Therapists and has been practicing and teaching these holistic therapies for 14 years.

She has been conducting regular International workshops and seminars on Reiki, Angel Therapy, Crystals, stress and relaxation in the Middle East Gulf Countries, USA, Greece, Europe, and UK for 12 years.

Her life focus is now to bring spiritual healing into the mainstream business world and helping people from all sectors of the world community to empower themselves.

Julie also writes for several magazines and publications

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Steve is a Usui Reiki Ryoho Master / Teacher /Practitioner, Angel Therapist and Crystal Therapist (in professional training). Steve holds an MBA in General Management and is Managing Director of Conscious Connections.

Steve spent over 25 years in international corporate business. His life focus now is on bringing spiritual healing into the mainstream business world, addressing area's such as personal confidence, leadership and stress management, through the use of meditation, chakra breathing, Reiki, Angelic Therapy and Crystal Healing.

Steve has been conducting Reiki, Angel Therapy, stress and relaxation workshops for several years.