

The Soft Road

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HOW TO FEEL GOOD

Let's remember how to feel good. And let's remember how to feel good about other people again. We feel good by attending to ourselves *and* by serving others. This is an indivisible combination—we can't have one without the other and each uplifts the other. In fact, science tells us that the feel-good state that's experienced when we give or receive a kindness extends beyond the initiator and the recipient and is also felt by any observer of the act.

Where to begin? Let's make it easy for ourselves; this is not complicated. I include this list because it transcends demographics and requires no special conditions, only everyday choices. These are choices we can all make with raised awareness and a softer disposition.

And it's enough. Such simple, quiet gestures help us feel good in ourselves, feel good about other people, and invite other people to feel good about us!

1. Hold a door open.
2. Smile.
3. Offer a kind word and encouragement.
4. Give a compliment.
5. Listen without interruption.
6. Make a call when your intuition tells you to.
7. Offer a prayer for a homeless person.
8. Pray—period.
9. Forgive others and yourself.
10. Prepare a meal for a friend.
11. Refrain from judging another, or yourself, harshly.
12. Remember that life is full of miracles and have faith that every difficult situation can change in the blink of an eye.

With thanks to Caroline Myss for this list that appears in her inspiring book “Invisible Acts of Power”.

We can begin now by remembering that which we inherently know—we are all connected, every one of us, each to the other. Reconnecting with our sense of humanity transcends time and place, uplifts our spirit, and returns us to our natural state of love and feeling good.

Melanie Kirkbride is an exceptional coach and master teacher of Vedic meditation who works with people to empower them to unlock their potential and thrive. [Email us](#) to enquire about Melanie's services, and to receive her Teachings.