



When we let others know they appreciated, we send out an energetic ripple to the universe, saying yes, thank you, more of this please!

Allow your heart to tune into what brings feelings of joy from watching others do good things or do work, authentically. It doesn't matter if it's a person from behind a counter, market, gas station, forest maintenance, insurance office, and so on. Tell someone thank you. Look them in the eyes, and mean it! Invest a moment of spreading the ripple of joy for them that they were such a help or have a great attitude or whatever your experience is that hones in on pure appreciation for someone's efforts, or someone's struggles.

If you notice someone having a rough day, ask them how are you? You may be a bright light of holding space or listening or just knowing that someone took the time to hear them may be the exact ripple of a little lift to their day or bring them the joy they needed! Think of the times that someone has lifted your day when you were struggling just by taking a few sincere moments to connect.

♥ Practice ♥

- Take notice of people around you. Family, Friends, Strangers, Community, Service.
- Make a concentrated effort to tell someone what great work they are doing.
- Ask someone, "How are you". Then really listen to what they're saying. Thank them.
- Feel the ripple of joy and gratitude in your heart. Hold them in a high vibrational thought cloud.
- How do you feel after knowing you shared your light? Spread the ripple to lift someone's spirit? Where did you feel that in your body?

(This is from the 30 days of practices which was created as a support system with the 6 month or 1 year Mentorship Program).