



## People Pleasing

*It is difficult to make a man miserable  
while he feels worthy of himself  
and claims kindred to the great God who made him.*

~Abraham Lincoln

**I have had more trouble with myself  
than with any other man I have ever met.**

~Dwight L. Moody

### A Fable

*An old man, a boy, and a donkey were going to town. The boy rode on the donkey and the old man walked. As they went along, they passed some people who remarked it was a shame the old man was walking and the boy was riding. The man and the boy thought maybe the critics were right, so they changed positions. Then later, they passed some people who remarked, "What a shame, he makes that little boy walk." So they decided they would both walk. Soon they passed some more people who thought they were stupid to walk when they had a decent donkey to ride. So, they both rode the donkey. Now they passed some people who shamed them by saying how awful to put such a load on a poor donkey. The boy and the man figured they were probably right, so they decided to carry the donkey. As they crossed the bridge, they lost their grip on the animal, and the donkey fell into the river and drowned.*

*The moral of the story? **If you try to please everyone, you might as well kiss your ass goodbye!***

### Thursday's Kick! People Pleasing

I have learned a wonderful spiritual lesson over the past couple months, actually, more than one lesson, but they all involve honoring myself and practicing what I preach. I ran across this fable in my archives and I just laughed, as it was spirit driven that I find it this day while holding in my head certain concerns about defining priorities and honoring self in the process.

As we move from experience to experience and learn from each of them our vibrations shift. In a sense it is the Universe bringing to us the lessons and opportunities we seek in order to evolve as spiritual beings within this earthly experience. But again, it is all about being happy, and it is not about making others happy. I know this doesn't sound very higher self, but you need to be your priority. When you are in balance and happy with you, it will magically influence others and at the same time you will attract more individuals and circumstances in your life to perpetuate happy.

The healing process works in the same manner, for we cannot heal others, they must heal themselves. We can influence the healing thoughts and vibrations with love and joy, but ultimately healing is just as individual as happy. And healthy friends can provide better assistance than those that are not balanced.

To look at this from another perspective: if we are responsible for our own happy, is it even necessary to inform someone that you are not happy with them or to criticize them for seeking their own joy? So many of us do that without even realizing it, with the "you never call" or "I thought you were mad" or even "I am mad at you for not calling" statements. Why would anyone want to put conditions on happy? Why would you want to give your power to be happy to someone else? It is all about being comfortable with your own life and your own choices.

Be nice, be in the moment, and appreciate all those you are with when you are with them. I would have to say that last sentence is the biggest lesson I have learned over the past few years, and in part, my partner Tom Lavelle, DVM has pushed those lessons home. Being a large animal vet, we get time together when we get time together and it works. Why? Because it is learning about happy originating from self, not conditional on another person.

What started out as a lesson in relationships and allowing has ended with a bigger lesson of living my own life, being happy and loving what I do. My priorities of course are my children, Tom, my work, and time for myself by myself with the horses and dogs.

### Thursday's Kick! People Pleasing

It is my re-set button, the dogs or the horses don't care that I am The Queen of Color (well, really neither do my kids, or even Tom for that matter, which is good.) The point is you have to do what makes YOU happy; it is your joy and not anyone else's. Find your joy and find your happy and abundance is not far behind. So, put yourself first on the "to please" list and you can save your ass!