



My Lesson **in Love Thy Neighbor**



Written by Contrary Mary

Enjoy this free gift and I hope you embody the
message of this little book.

To make a long story short, I needed a job-fast-and I hadn't worked in twenty years; pair that with the fact that I am new to this rural area and barely know anyone.

I ended up working over-nights at the local Walmart. This wasn't my dream job, but it allowed me to earn some extra money for the household. I decided I was going to make the best of this situation and enjoy myself. But why stop there? I was going to do my best to uplift everyone in my environment.

At first, that seemed like smiling and being friendly. In all honesty, most customers did their best to ignore me. My best smile couldn't capture their attention from their phones. I needed a new plan. I wanted a system that allowed me to share without being

intrusive, but could impact each person, if they allowed it to.

I had learned about energy (thoughts), frequency, and vibrations (think Nikola Tesla). Our thoughts are energy. And I believe most people are energy readers, whether they realize it or not.

One night I decided I would send love (thoughts/frequencies) to as many customers as I could, especially those that seemed to be struggling, angry, or downright mean. I would envision pretty pink hearts (in my minds eye) and send them to the intended person, but I didn't have to say anything at all. They didn't have to pay attention to me, either. I was treating this as an experiment and I should be able to see measurable results.

There was a man who came in around four a.m. every morning. The store

would be busy at that time because all the factory workers were shopping for essentials for their upcoming shift. He wore a red jumpsuit and always looked very angry, with his red face, and seemed ready to explode at the slightest mishap. On this particular morning he was at a self-checkout machine and it wasn't working properly. I walked over to assist him and he began commanding me to scan the items for him in a derogatory manner. I was stunned at his rude manner for a moment, and then I just turned around and walked away. I would have scanned his items if he had asked politely. He stormed out of the store yelling that he wasn't ever coming back. I felt bad for him. I don't want anyone leaving upset. I paused and said a silent prayer (with the pink hearts) that he would find relief from whatever stressors and situations that caused him to act in such a manner.

I didn't see him for a while. Then I looked up one morning and there he was! He had on the same uniform, but he looked relaxed and had a calmer air about him. He scanned an item and the machine didn't recognize it. I walked over there bracing myself for an angry outburst after telling him I was going to need to call a manager to fix it, but instead he smiled and said, "okay" as if he had all the time in the world. You could have knocked me over with a feather! I couldn't believe this was the same person. The manager was taking a while. I called her again and she told me it would be ten to fifteen minutes before she could get there. I apologized and told him about the timely delay. Surely this would be the straw that broke the camel's back. Instead, he smiled and said, "no problem." He calmly waited until the manger was able to resolve the

situation. He paid, smiled, and waved goodbye on the way out. Each time I saw him he was calm and understanding if any problem arose. One morning I overheard a conversation he was having with someone else where they revealed he had an extremely stressful job, hence the red jumpsuit.

I believe those pink hearts were loving energy that he absorbed. I also believe my prayer invoked that energy to remain close to him and “feed” him loving energy. As simplistic as that may sound, I don’t think very many people realize that “stuff” like this is available to them, if they just asked. There was a time in my life where I had no clue about such things and shrugged it off if I did hear any mention of it. I was fairly skeptical until I decided to study the subject for myself.

I had a manger named Lolly, who loved her position because she got to be bossy, and boy was she bossy! She found endless excitement in telling me what to do. She was always interrupting me to do something else. I rarely finished a task before she sent me somewhere else. I swear she waited until I was in the back of the store and then paged me to the front just for fun. She would make extra work for me every day.

I silently prayed for Lolly to be moved somewhere else, but I wanted both of us to be happy with any changes that were made.

One day out of the week there was a substitute manager, Kari, that worked in our department on one of Lolly's nights off. That was always my favorite day of the week. The entire shift was smooth and pleasant. I wasn't being ran to death and bossed around all night.

After several months, jokingly, I asked Kari if she could work with us permanently. I meant on that one day per week, but upper management decided to demote Lolly and soon after she was transferred to another department. I was ecstatic! Thoughts do influence your environment. Soon after, she moved to a different state with her boyfriend.

I'm convinced that good intentions produce good results. Instead of complaining all the time about how miserable she made me (which I did prior to this), I used the power of thought (and love), and it produced results.

I did it several more times with the same results concerning a neighbor and family members. It never ceases to amaze me how things can work out given the right mindset.

I used to remain miserable because someone was unpleasant to me. It had never occurred to me that I had the power to change my circumstances with relative ease. All I had to do was ask with an expectation of a positive outcome. I want to emphasize that both parties should be satisfied.

That year at Walmart taught me a lot. I'd like to share on more short example of the power of giving love.

I spent hours at the self-checkout lane observing customers on a daily basis. As each person (or group) passed by, I would send them pink hearts (because I do better visualizing) with a feeling of peace. I recently discovered this is a process in what is called HeartMath (heart-brain coherence). You can get a free booklet at the HeartMath Institute website (I do not get any perks/benefits for promoting this organization).

<https://www.heartmath.org>

When I first started working, overnights were kind of chaotic. As you can imagine, there were plenty of memorable customers that challenged our patience. There were a lot of thefts, and plenty of loud, obnoxious people who were oblivious to the meaning of common courtesy. But, after a couple of months of me giving pink hearts to all who passed through those doors, the store didn't experience as many thefts or crazy nights on a full moon. If you have ever worked customer service jobs- you know how a full moon can be! The amount of times we had to call the police was cut nearly in half. There were only a few occasions per month where loud, obnoxious customers ran wild through the store. People, overall, seemed less moody and the environment felt more pleasant.

I enjoyed sending out those pink hearts and soon it became second nature to do so. And then I noticed that I was getting a lot more compliments. The number of positive exchanges with customers increased through the months. The shifts seemed to go by faster and became more fun. Those who didn't like me or gave me a hard time seemed to disappear out of my orbit, or paid me no attention. I ended up enjoying my shifts a lot more and my days felt easier to keep a positive attitude.

I truly believe, because I have experienced it, that what you give out has a way of making its way back to you. That's not why i do it, but it is definitely a perk!

One morning, one of the top managers told me they were glad I was working there. In a meeting, they had all agreed that the shifts felt different when I wasn't there. I smiled and gave my thanks knowing that my attitude of love was the

difference. It was further proof that this technique works!

I encourage you to try this for yourself. The only way you'll ever know if some idea, concept, or practice works is to utilize it for yourself with 100% effort and an open mind. Don't decide on an outcome, be open to any conclusion. These are the moments that give your life richness and depth. You are automatically in the present and giving your best to your community.

This is what fuels my hope that there really can be positive change in the world, one person at a time.