

These small actions that change the world



- By Véronique

I have always been an idealist. I believe in human power and I nourish the certitude that our Earth can be or become, according to your own perspective, a wonderful place to live.

I remember when I was rescuing stray cats in my neighbourhood or going on a mission to collect waste on the banks of the creek near my house. I take this opportunity to thank my parents for the patience they have shown when I decided to make our bathroom the new home of meowing cats. Already at the age of 10 I was wishing, in my own way, to change the world. In the years that followed, I tried to see what I could do to multiply my efforts. I was impressed by the devotion of Mother Teresa and even thought at some point I should follow her foot steps in order to accomplish something significant on this Earth.

It took several years and many discussions before a little light went on and finally made me understand what was laying behind my exhausting desire of wanting to make, develop, accomplish, achieve, surpass and idealize. I realized I was surrounded by opportunities to change the world almost every moment of my life.

I understood that being in the moment and listening with all my senses were already making a difference in this world. By focusing on what was given to me to live now, my energy level was increasing as well as the joy I was feeling. This can't be otherwise since the birds are singing so beautifully, the sky is never the same, the trees always change and the people are so fascinating in their own unique way. When I decide to live in this state, people smile at me, my job becomes easier and I take better care of myself. In short, I am in communion with life.

If I had known this before, I would have experienced many moments in my life differently. Without dwelling on the past, I think it would be helpful to share this little anecdote. I was a ballet teacher during my college and university years. I approached dance primarily through the lens that it was an art that required discipline and effort. Every week, dozens of young girls came to learn from me, but I was blind to the potential of those moments. My mind was absorbed by my desire to do great things. I didn't see at the time that the greatest thing I could do was to be fully present and available for my young students. I was offering them all the techniques I knew, but without passion or generosity because I thought I was supposed to do something greater. I was not up to Mother Teresa, or at least, that was I thought.

With retrospective, I understand now that what matters is not touching thousands of people at one time. What really matters is to touch people around us now, regardless if one or a hundred of them are present. In making this person or these people the most precious thing in the moment, you have accomplished something great; you have loved.

No need to travel Africa for delivering messages of love and hope as Bono does, or to dedicate your life for peace as Gandhi did or even to found a charity organization like Oprah Winfrey. If life brings you to do such things one day, great, if not, that is great too! Changing the world is within each of us right now.

Changing the world has nothing to do with the “greatness” of your accomplishments. Only the intention that drives your actions matters and contributes to the ascending spiral of change. Listen to what your child has to tell you. Be amazed at the miracles of nature. Take time to pamper yourself. Smile at your colleagues. Send thoughts of love to your loved ones. Observe the impact that makes a simple thank you when you get off the bus. Notice the good you do when greeting a stranger on the street. Let increase our energy, root our heart in true joy and get the world to change for good, one action at a time.