

Unusual generosity

By Véronique

Generosity can be found everywhere. It is in the cup of coffee that we offer to a colleague and the compliment given to a friend as much as in the time spent to assist a loved one and the simple act of opening a door to a stranger. Generosity takes many different shapes and lies even in the recognition of our personal limitations and dislikes.

I have often been shy to express what bothers me in life because I was afraid to displease others or to make myself and other people uncomfortable. I have also decided to remain quiet on several occasions because I was underestimating the importance of my opinions. Since I have decided to act, think and communicate from a place of love, I realized that everything is generosity, even when I decide to share what displeases me.

I was recently at my acupuncturist for an appointment. His office was under major renovations. He had decided not to inform his customers about it. The workers were circulating everywhere and making much noise, the lights went out without any apparent reasons, my acupuncturist was nervous to have to manage workers and clients at the same time, and I was lying on a bed with a dozen needles at various sensitive points of my body. Tension was rising in me and I was regretting not having been able to respect my limits. I was not comfortable with the noise and the distraction of my acupuncturist. My initial decision to accept the situation and to “manage” my own anger was causing major twitches to my stomach. It was out of the question to become the victim of this zoo and to make my acupuncturist my aggressor. I decided to get it all out.

I shared my feelings to my acupuncturist without knowing how he was going to react. What mattered to me at the time was to speak to him about my experience with the intention of helping him. I was aware that many people would say nothing, pay and leave without ever returning because the service he was offering that day was not up to what he is known for. Without blaming and only by sharing how I felt during my treatment, I realized that I was being generous. To share my inner truth in order to help my acupuncturist was generosity. Would I had chosen to say nothing because of the fear of offending my acupuncturist, I believe I would have been selfish.

The same applies when we say to someone we know what we think, for example, of his or her attitude and behavior. I remember one time when I was talking with two former university colleagues. At some point, I began to speak maliciously of some students in our group and my words were nothing more than a long thread of my ego's lamentations. Suddenly, one of my colleagues got up without saying anything. She rolled her eyes and left. I was shocked, but I soon realized she did me a huge favor. By putting out there her impatience, she was generous and taught me something precious. Her reaction showed me that my words have an impact on the people around me. Would she had decided to remain silent in order to “respect” our friendship, she would have been selfish.

The moral of all of this is that you can be generous at all times, whether you offer a beautiful bracelet to your spouse or tell your friend that he is being childish. Every gesture and word is generous when it comes from a loving place. Everything can be said and done when you keep in mind the wellbeing of you and the people around you.