

# Is It Time To Choose A Starfish Mentality?

**It's one of the keys to Living From Your Heart**



*A wise man woman used to go to the ocean to do her writing had a habit of walking on the beach before she began her work. One day, as she was walking along the shore, she looked down the beach and saw a person in the distance, dancing. She smiled to herself at the thought of someone who would dance on the beach in the morning. So she walked faster to catch them up and say hello.*

*As she got closer, she noticed the dancer was a young man, and that he wasn't actually dancing. He was reaching down to the beach, picking up small objects, and throwing them into the sea.*



*The woman approached and asked the young man what he was doing. The young man paused, looked up, and replied "Throwing starfish into the water."*

*"Why are you throwing starfish into the sea?" came the surprised response.*

*The young man replied, "The sun is up and the tide is going out. Unless I throw them in, they will die."*

*Upon hearing this, the wise woman said, "But, young man, do you not realise that there are miles and miles of beach and there are starfish all the way along? You can't possibly make a difference!"*

*The young man bent down, picked up yet another starfish, and threw it into the ocean. As it reached the water he said, "I made a difference for that one."*

For me, this story is about spreading miracles, knowing that you might not see the results of your work - and knowing that you'll never be 'done' - but doing it anyway.

## **You never know the impact a simple action might have in someone else's life.**

*I remember a former work colleague, a friend of mine, back in my "employed" days, who was always incredibly patient with me, as I was learning the basics of web design and code writing.*

*I would go back to him, day after day, with exactly the same question. I had a total mental block on "code". Yet he always patiently explained, again and again, what I needed to know. He never showed irritation or impatience. And eventually I learned.*

*I left that employer to start my own business, over a decade ago. And websites have always been core to my work. Over the years, I have created various personal development sites. A few months ago, we did a quick tot-up and realised that the inspirational resources on these sites had touched the lives of over 5 million people across the world, over that time.*

*And I suddenly realised that none of it would have happened, had my former colleague not taken the time to be patient and help me build up my skills and confidence. Without him, I never would have dared to utilise the internet to spread the articles and resources I was creating.*

*I suspect he had no idea where his kindness was going to lead. I recently wrote to him to let him know - and he told me a wonderful story.*

*He was one of my first ever paid mentoring clients (a LONG time ago!). I was also a support tutor on his NLP Diploma and Practitioner courses and he was one of my first official students, after I certified as an NLP Trainer, back in 2003. He has since gone on to qualify as a certified NLP Trainer. He recently told me that the inspiration I shared with him back then kick-started that journey, which means he's now out there teaching and inspiring others to shift their lives, too.*

*Double-whammie starfishies!*

Is there someone who is bugging you, even annoying you, who really needs some love at the moment? Is their heart yearning for someone to react with kindness, rather than judgement and rejection, in the face of their pain?

Your heart-based response might not show immediate results, but somewhere, deep inside, it will help them. And if the fruits of that seed of kindness don't show today, it's not wasted.

It is not our place to demand that they respond to us in any particular way. What matters is that we keep sowing those seeds, know that one day they will grow and fruit.

And this is your week 11 project - practising giving a heart-based response to those who usually annoy you - without judgement and without attachment. And watch the magic happen!

*And turning it around, is there someone in your life who has made a difference to you through a simple act of kindness? Perhaps at a time when you were being the 'difficult person'?*

*How about taking a moment to thank them, right now, from your heart?*

*You don't have to call them or write to them, if that's not comfortable for you. Instead how about taking a moment to connect, heart-to-heart, soul-to-soul, and send them that thank you message. At some level, they will feel it.*

Here's where we're talking about having a starfish mentality:

<https://www.facebook.com/photo.php?fbid=10152475067441238>