

# positive life



**MANTAK CHIA**

The secrets of the Tao

**POSITIVE PERSONALITY**

Miranda Macpherson

**EARTHSONG**

Human Connection

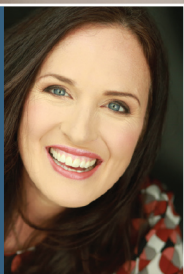
## ***The Afterlife***

**Messages from beyond**

SPRING 2018 PRICELESS

[positivelife.ie](http://positivelife.ie)





# authentic service

ARE YOU BEING OF SERVICE OR MERELY PEOPLE PLEASING?

by Amanda Collins

Being of service is something that should feel joyful and fulfilling. If it does not, that is a clear sign that your motive may be to please someone, not to truly serve. Being of service feeds our soul, while people pleasing depletes us.

When you are being of service, your actions are authentic and nourish you. You know that you are making a difference in someone's life. You know that you are creating kindness and spreading goodness.

But when you find yourself driving to someone's home to deliver a meal, or walking someone's dog, or doing whatever favour you have offered to do, and you begin to feel resentful, even angry, then you are probably motivated by people pleasing. Your motive is negative and so is the energy you bring to the task.

People pleasing depletes us because we are giving away our power. Here are some questions to ask yourself when you feel that your intention and motive might be people pleasing:

- Am I acting out of a *lack* of self-love?
- Am I doing this because I lack self-esteem or feelings of self-worth?
- Am I worried about what this person will think of me if I say 'no'?
- Do I think this person will love and accept me for doing this favour?
- Do I respect my own boundaries while doing this?
- Am I seeking personal validation as a good person while doing this?

If you discover yourself to be a people pleaser, exhausted by constantly saying 'yes' to others, you may want to look for the sources of your behaviour in your childhood conditioning. Did your family, your teachers, or other role models tell you constantly to be a good girl or good boy? Or perhaps, they told you that you are a good boy or girl.

**“Give yourself the time to check in and ask yourself on a soul level whether this is really what you want to do.”**

The intention of being perceived as 'good' or wanting to appear 'good' - by doing things because you do not want to offend someone or simply because you think you should - brings negative consequences. The 'shoulds' in life get you into trouble because then you are not listening to what your soul is calling you to do. Your intention and motive and your soul are not aligned and this causes disharmony in your life.

The next time someone asks something of you, promise yourself that rather than just automatically responding 'yes' out of habit, you instead say, "Can I

get back to you about this?" Give yourself the time to check in. Discover whether you really do have the time and space to help. Ask yourself on a soul level whether this is really what you want to do.

Cultivate the new habit of really listening to that deep, self-loving voice inside yourself.

Learn to listen to your soul's voice and also to your body; if something doesn't feel right there, say 'no'.

Coming from a place of pure service and compassion, you do not want validation, and so you become comfortable with saying "no" and setting clear and healthy boundaries. It does take time to change old habits, so be patient and kind with yourself as you explore your intentions and your motives, and step back from being an automatic 'yes' person.

The more you come into alignment with your soul's voice, the more you develop self-love and true self-worth, and the more whole, peaceful, energetic and happy you will be. When confronted with an opportunity to serve, step back for a moment and affirm yourself by repeating, "I am worthy. I am enough. I am at peace." Then listen to the inner voice that tells you whether to say 'yes' or 'no', the voice that understands the difference between truly being of service, and merely being a people pleaser.

AmandaCollins.com  
InternationalFengShuiSchool.com



