



Episode Transcript – 030

Everyday Kindness

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

Hi, this is Jenn Shallvey. Welcome back to the Remembering to Be Me podcast. Today I am stepping into a new type of episode. I know in the last episode I introduced the idea of a new topic, which I am going to get back to. Don't worry. I will do that differently though, as well. I want to do that in pieces so that you can digest it as if it were a whole big program. And then you can take it in, let's say five chunks. But today I just wanted to talk to you as if you were sitting there with me. I love to be doing that with you. So this is the closest we're going to get.

I wanted to share with you a story of what happened to me today. And it was the first time something's happened to me that I do a lot to other people. This is really positive, not a negative thing. I went out for a walk with my husband and we went for lunch at one of my favourite cafes. And we went to sit down and we hadn't even ordered yet. We'd been greeted by the really friendly staff there who know me. They had not met him before, and we had lots of wonderful greetings and welcoming and so forth. We felt as much as possible held with love and care and genuine desire to serve. It's just a nice feeling, right? No doubts about that.

And we're sitting there minding our own business and a man walks by. And he's got a funny hat on with a cufflink sticking out the top of the hat. He's got a whole assortment of different pieces of clothing on, and a bag. And he stops me to tell me that I have the best hair colouring he's ever seen. And then he proceeds to tell me that he once was a very big stylist in charge of a very big, large stylist organisation. I won't say the name. Older man had a few things happen in life and was sharing with me a few things about that in his story. An exchange, but he kept coming back and saying, oh, just make sure you tell your hairdresser that she has done an absolutely perfect job and that she got everything right and I have not seen anything as good as that in a long time.

And I just thought, that's a simple thing that's genuine from the heart. And I know if you were to dissect that, you'd say, oh, isn't that weird. But I actually do that all the time with people I stop. And I notice something that I actually like about what I see in that person. And they're complete strangers. So they're probably already thinking I'm some weird woman who's coming up and talking to them. And remember, I actually prefer to be an introvert and hide in my little box. So for me to go up to a stranger and say something is out of my comfort zone. I've learned how to deal with that and have no problem doing that.



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I often will say, oh gosh, I like your haircut or the clothing that you're wearing or something like that. There's women who walk by and their perfume smells just right on them. And I'll say, what is your scent? I think that is the best scent on you. Because I can smell it. And I don't mind it. And I actually now want to keep smelling that scent. Or it could be the jacket the person got. I've seen people waiting with me for coffee. And I'll say things about the shoes or whatever it is. And I know that sounds really strange, but I notice little things like that, just really little things. And because I see it and because I notice it, I think, well, it's such a positive aspect of that person's expression of who they are right now. Why don't I share that? Why don't I say something? Why am I holding back my positive affirmation of that person? So I actually will say it. And for me, that is fun because it's just a connection for a moment with a person you never will probably see again. And if you do well, isn't that nice. You'll just be remembered as the strange lady who stopped stops and talks to people about things on the street.

I also notice how simple it is to engage in a conversation beyond that. Now everybody will tell you how easy it is to start a conversation with somebody because they have a baby or a kid with them or pet. How many people who have dogs have natural conversation starters with somebody at the park because they, I have a dog and somebody else has a dog. So it's a very innocent, safe conversation opener. And you get to talk about what you want. But what have you go beyond that? And how do you know if that person that you've had that small exchange with which you might think is trivial has just had a much better day because of that. What if the small conversation that you shared gave you a lift in your day and gave a lift to that person? What if the fact that you were having a human to human contact point meant that you both felt human again. You weren't behind a screen. You weren't behind the other end of a phone. You were actually exchanging, acknowledging, and being with somebody in the real world.

And I know there are places in the world where this is a lot harder than it is for other places. I am truly grateful and blessed that I live, where I live where it is so easy to do that still. And therefore I don't take it for granted that we acknowledge others. I don't take it for granted that I can smile and someone can see my smile. I don't take it for granted. I really don't. And I offer it, but not in a weird, strange way, but in a genuine way. I'll go for a walk most days. And I often go on the same path because I like it. And I get to go in nature. And I did the walk today and it wasn't in nature. And we reminded ourselves how nice it is to go through nature and not construction sites, which where we live is pretty much around a lot.

And I walked around a lot of construction today. On the path it is always interesting to me, even when you're wearing headphones and listening to something on your phone, how many people look at you or don't look at you, how they might turn their gaze away. And I understand that completely because I might be in that mood once in a while. But most of the time I will smile at that person. And I've been doing this for as long as I can remember. In fact, when I even first wrote my first blog posts, I think one of them was about the fact that I, I tested the local smile ratio on a beach walk I did once. And I purposely smiled at every single person that I saw. And I remember doing this and I noticed the percentage of people that smiled back. And then I went, okay, I'm not going to judge that.

And just like, now I don't judge that. Maybe they're deep in thought because something else is happening in their life. How do you know that? But if you offer a simple thing, like a smile, didn't you



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give them a little gift in that moment? They don't have to accept it or acknowledge it, but you gave something that you don't have to take back.

It's that type of thing I'm talking about today, the little genuine, authentic effort that you can take as a fellow human being on this planet to connect with another person in your world, near you next to you. Rather than looking at your phone for another 30 minutes on the train. Rather than walking across the street to avoid contact. Rather than picking up a book or a paper and putting it in front of your face so that no one can see you. You can engage. You can choose to say hello. You can choose to compliment something on somebody just because it is something that's worth complimenting. And who knows how many people you will impact in your day just by doing those little things genuinely.

And I say this over and over again, in my writing and in the podcast, if it's coming from your heart, if it is really felt inside of you and genuine, then it will come across that way. If, because I've done this episode and you go, well, Jenn said, I should go smile at the neighbours and you don't feel like smiling and you go and you try and it doesn't work well. Don't blame me, please. What I want to say is that there's so much power within each of us, within each individual to be kind, to be nice, to be thoughtful of the person they encounter rather than the opposite.

I'm online a lot. I go and I read what's happening in the world. And I get sometimes told I'm spending too much time online, but it's not to be engaging as much as it is to be discerning. When I look at the stream of online, I can call it a stream of online consciousness of our society that's represented in the sharing. Sometimes it can go a certain way, can't it? It can be quite negative quite, I guess mean mean-spirited and then you get the bully gang kind of energy coming because everybody kind of rallies around the negativity of that. And they join in and it becomes like a hunt after somebody. And it's quite sad to see and witness because it's just words in a, in a platform online in a virtual world yet behind each of those comments is a real person.

So I think of this a lot now how everybody out there could also equally potentially be doing that or have that thrown at them. And is that the way you want this world to be? I don't, I certainly don't. I would much rather have a kinder world. And yes, the feedback I'll get from that is, well, that's quite a optimistic Pollyanna rose coloured glass, you know, pick the metaphor way of seeing things Jenn, that's not reality. I go, I know because I look at the reality as well. There are challenging situations where in your discernment of that situation, you may not agree with or like, or condone the behaviour of what you're seeing. And therefore you may feel drawn to be the one who calls that behaviour out. What I ask though, is from what place are you doing that? From what place are you standing in within yourself when you see something you don't like, or don't want in the world?

Going back to the positive, encouraging kind, engaging way. We can be with people in the world. If we so choose likewise, we can do the same in a negative way. We can choose that. And what happens when we continually choose that? We it's, it's like, um, imagine that there's like a cloud over your head and there's no more light. You just keep building this cloud around you. And there's no chance for any brightness or light. It's there. It just isn't seen, it's invisible or you can't feel it because you're so caught up in that.

And this is the message for today is really what are you choosing? Are you choosing a path of light where you are the enabler, the facilitator, the giver, the sharer of light? Or are you not? Are you



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choosing a darker, more negative way of seeing everything? And are you able to be constructive and rise above those situations that challenge you so that you can be discerning around them and still be light in that situation, but call out behaviour that's not appropriate?

People will say things like, 'oh, but how do you tolerate that, how can you accept that? How can you let that happen in the world?' Well you don't have to. If it's a crime or an abusive situation or a bully, you need to stand up to that. But maybe you're not the one who can do that. Maybe you need someone to help you.

So I'm going back to the bit you can do that will give you something extra, right? Think about that. Build up the light within you. Let it be what dominates your presence in this world. Let it be what helps you be here alive, free choosing to be kind and thoughtful, encouraging because you care. The more you do that, the more it lifts you up and lifts everybody up around you. Think of the example when you go into a shop for example, and you're greeted by a genuine welcome, not a, 'I've been trained to say this so like a robot, I'll say this, you're greeted by a genuine welcome. You're allowed to be yourself in that store. And then when you need assistance are engaged in a genuine conversation with someone wanting to help you. Or in a cafe where they do want to serve you.

They really want to, you can feel it can't you. So find place in you that allows you to feel the desire, the authentic desire to be and offer your kindness to others in a way that is appropriate for you within the context of what you have the capacity right now, and do that now. Do it every day. Don't just do it once in a while. Make it part of the way you are in the world. And then when the other things get in your way and when the world may seem like, 'Hey, this isn't really that great', you have this buffer around you of all these wonderful things. And imagine like I did today, you put that out so often and then every once in a while, it comes back to you from some random person you're like, wow, that's pretty cool. That is really cool.

So that's my message for today. I wish you well and encourage you to be a beautiful light out in the world of kindness care, compassion and love. Off you go.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y . c o m . I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me."