

Random Acts of Kindness Part 1

Quote of the day:

"Practice random acts of kindness and senseless acts of beauty."

Anne Herbert

A BFF from Brown who lives in Portola Valley, California is throwing me a book party in February 2013 and she sent out a "Save the date" to her friends. A bunch of em went ahead and bought my book online (rock on), and one of them, Jen, emailed my friend and said she had to hook me up with her friend who has a blog that is totally up my alley (peacefuldaily.com) because she knows her friend will love my book and message and blog about it to spread the word. Again, rock on.

Jen read some of my blogs and really liked them and my energy and emailed me to tell me so and say she has a jewelry company and wanted to send me a piece of jewelry.

Part 2 is tomorrow.

Namaste

Taylor plus 5

Random Acts of Kindness Part 2

Quote of the day:

"Be kind whenever possible. It is always possible."

~Tenzin Gyatso, 14th Dalai Lama

Please read Part 1 before you read this.

So I responded to Jen's kind offer to send me a free piece of jewelry with a big thank you and a long explanation of our retail situation (we basically only sell mats and yoga towels and water bottles because we have learned after many years what sells and what doesn't), and she emailed this back to me:

"Hi! You are so funny, I didn't know you had any stores or did any retail, I just thought you had good energy and wanted to send you a piece because you are so what we represent! So wear it and do (even more) great things!!! oxxox"

WOW.

I gotta say, that was amazing to receive. It had never occurred to me that she was just sending the jewelry to me as an act of kindness. I didn't realize how I've just come to expect people to always want something from me.

Not that there's anything wrong with business and asking for what you want. It's the best ever. But acts of random kindness? WOW.

This came at a perfect time for me, of course. The Universe's timing is amazing. I had just told Philippe how disillusioned I was with (most of the) raw food community, to whom we used to "belong." (I don't like that word but it's the only one that's coming to me).

Why? Well...(most of) the "friends" I had in that community didn't return my email responding

to their email asking if they could come speak at my raw vegan restaurant. I of course explained that we sold out restaurant in September 2011 to focus on our 5 kids, 5 yoga studios, and my book tour. Then I said I'd love to do a book signing at their center and let's set that up.

No response.
Really?

So because I teach and write about and live creating your own reality by choosing on what to focus, I'll leave it at that and focus on Jen, divinely sent to remind me how we are all light filled beings.

More of Jen's words and her story:

"I love how the universe works! So wonderful to be connected to like minded souls (or similar energies)!

Anyway, I honestly was so proud of you for doing your book i just wanted you to have a piece of our jewelry because you are one bad mamma jamma (I literally just had to look up those lyrics)... "just as fine as she can be"... anyway... 5 kids and making the world a better place the way you are... I know you call every mom a super mom but you really are one.

So I have been making jewelry my whole life as a hobby but 10 years ago I started wire wrapping peace signs and praying for peace and when I wore them people would want to buy them so eventually I said to myself I should sell them and give the money to an organization that promotes peace... so I started donating the sales of my jewelry to Art of Living's International Association for Human Values... i had Fergie of Black Eyed Peas wearing the stuff, Reese Witherspoon, Giada De Laurentis and more... that lasted a year then i moved from LA to DC, got knocked up, puked everyday for 9 months and had to shut it down.. eventually started a little eco blog, wrote a little eco book and then took a year soaking up my three kids and now last year my husband convinced me to start making jewelry again. I really wanted to keep sculpting as I have dreams of making extra large Rodin like sculptures. He suggested I combine the two so now I hand sculpt all of my pieces in my eco shed, (<http://shop.showthelove.com/our-eco-commitment/>) and I feel so happy to be combining my love for sculpting with my love for making jewelry and my desire to help make the world a better place through inspiration and donations to charity (we donate 5% of profits to water.org).

Was thinking of sending you the magic lantern because the message is one of my favorites. "Who doesn't love the notion of a magic lantern? Just one rub and a genie pops out to grant your every wish. At STL jewelry what we love about this lantern is that it reminds us that 'happiness is not having what you want, but wanting what you have.' Take a rub of this lantern and be grateful for all the goodness that you have in your life and you might find that by acknowledging your abundance, more goodness will flow your way."

<http://shop.showthelove.com/shop/magic-lantern-necklace/>

Buy this woman's jewelry. Maybe some of her good energy will rub off on you.

Namaste!
Taylor plus 5