

# Connecting

By Donna Deos

Have you really connected with your loved ones lately?

Sure, you've seen them or talked to them, but did you really *connect* with them?

Or, were you just going through the usual motions on auto pilot only to realize later on that you really didn't hear anything they said. Or that you felt they didn't hear you?

How many times in life do we hear someone say "fine, and you?" when you only said hello to them? It's these automatic responses, like auto correct on our phones now that make us say things that really aren't pertinent to the conversation. If we were really present and connecting with those around us we would listen to what they asked and answer it accordingly rather than just fill in the automatic response that doesn't really fit at all.

I know I've said it many times over the years, we are all just going too fast in too many directions and we simply don't take the time to really check in. To pay attention. To actually see the world around us and the real live people in it with us. We float and flitter from thing to thing and then one day we realize just how much we have been missing.

Our kids grow so fast. They grow up, they move out, they have families of their own. Our lives and everything in them go by faster and faster as the do the years. Before we know it we've lost key people in our lives and we no longer have the ability to truly connect with them as we should have when we had the chance.



Life is short and it's meant for enjoying. So, why are we rushing here and there ignoring the best part?!

My challenge to you is for you to try to find the courage to stop. Put down your distractions. Focus on the one person in front of you at this moment. Truly listen to them. Hear what they are saying, what they are feeling, what they want to share with you.

Be engaged. Participate in life right now with them. Ask them questions. Listen to their answers. Let it be about them and what they want and need. You will have your chance to share as well. Give them their turn and then you will get yours.

Stop being too busy for the friends, family and loved ones all around you.

That's what connecting is all about. It's about focusing on that other person and them alone. It's about truly being interested in them. It is forgetting everything else and letting them have center stage for a bit. It's about the interaction and the interconnection that happens when you step out of the chaos and stop splitting your focus, and truly hone in on just one thing, one person, one beautiful moment.

When the two of you become just the two of you in that conversation that is when the real magic happens. That is when you really connect. You find out how much more wonderful time and space can be when you are just present in them and paying attention to what matters most – the time we have with each other.

Here's hoping you rise to my challenge and take time out for one person today. Then, try to do it again tomorrow. Real interaction, with real people who you care about. Pretty simple, huh?!

I look forward to your feedback and results. Feel free to email me (donna@donnadeos.com), message me on Facebook or LinkedIn, or even pick up the phone and tell me about it live!

Happy connecting!

Donna

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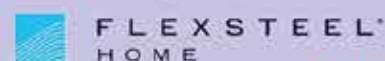
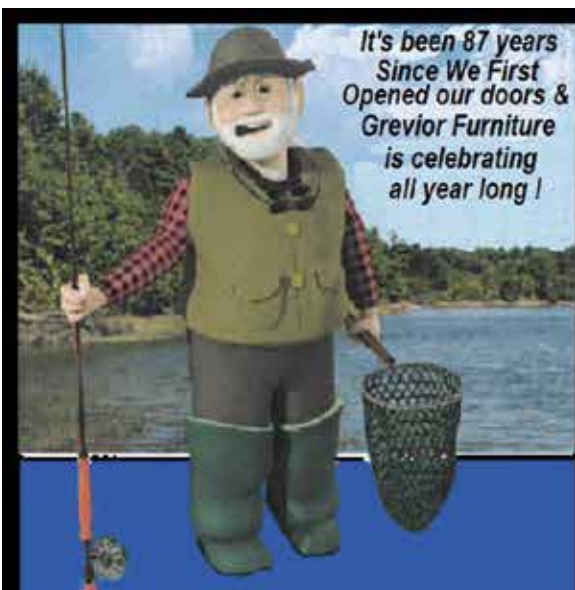
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