

♥ Snippets of Encouragement #18

Hello darlings,

Today is day 18 of Snippets of Encouragement and I've gotta share the T with you.

What's the T you may ask?

Well I'm a huge fan of RuPaul's Drag Race and if I spend too much time watching a few episodes I start, thinking and speaking like a drag queen! But for me it's too late I've got to be honest, I'm already infected with Drag Race Speak, so The T stands for The Truth.

What is the T that I'm wanting to share with you today? Well it's this... sometimes I take life and myself too seriously, which is quite ridiculous if you think about it.

Are you perhaps like me? Do you also take life too seriously at times, or perhaps all the time?

Shakespeare said in Macbeth that

*Tomorrow, and tomorrow, and tomorrow,
Creeps in this petty pace from day to day
To the last syllable of recorded time,
And all our yesterdays have lighted fools
The way to dusty death. Out, out, brief candle!
Life's but a walking shadow, a poor player
That struts and frets his hour upon the stage
And then is heard no more: it is a tale
Told by an idiot, full of sound and fury,
Signifying nothing.*

That may seem like one of the most morbid speeches ever written but this is the divine tragedy or comedy of life... there is only one outcome so surely if we know that we should worry less, seek more joy and have a whole lot of fun along the way.

I've been reading *The Tibetan Book of Living & Dying* by Sogyal Rinpoche and in it, he says: *Death is a mirror in which the whole meaning of life is reflected.*

I firmly believe that we create our life's meaning and purpose. It is not preordained but a daily creation that we bring to bear upon the world. I know that I want and seek to live a life of joy, but I was wondering how I could also live a life of fun?

At what stage of our lives do we trade in fun for boring? At what stage of our lives do we trade in nonsense for serious?

When I watch the kids around me, their whole lives seem to be about being fun seeking missiles. They run, they jump, they play, they laugh, they imagine, they create, they have fun... and at the end of the day if you ask them what they've done they will say nothing. Or is that no thing which could mean every thing?



♥ Snippets of Encouragement #18



While I'm not here to tell you what to do with your life I do want to encourage you to consider this – are you having enough fun in your life? If the answer is no, what are you going to do about it?

When you get to the end of your life's journey do you want your life to be a reflection of drudgery, drag and suffering? I know I sure as hell don't want that for myself.

So let's create those moments of joy, let's create those moments of fun, let's fill ourselves up with no thing but with everything!

If you've enjoyed reading this snippet of encouragement there are three things you can do. **SHARE** it with a friend. **ENCOURAGE** another person today. **SIGN UP** using <http://eepurl.com/dlt8Fj> to receive the Snippets live to your inbox each day.

