

♥ Snippets of Encouragement #21

Hello darlings,

Welcome to day 21 of Snippets of Encouragement, can you believe we're already at the end of three weeks of these encouraging snippets?!

So there I was with my knickers in a knot. It started off with me wondering if she would be on time and after 15 minutes I had planned how I would fire her!

Talk about insanity! But you know the Rhonda Byrne quote that says: "**We become what we think about. Energy flows where attention goes**" is so true!

What am I on about, you may be thinking.

Well you see, we have a new cleaner and as with everything in life, change requires adjustment, realignment, acceptance... the list goes on.

If I am totally honest about this, my heart has not fully opened to this new lady yet and this is how I got my knickers in a knot, well actually it's more accurate to say I was foaming at the mouth (in my head of course.)

Let's call her Doris, she does not have a set time or day that she comes to us each week. Due to other work commitments we have agreed to be flexible in our approach, it was a Monday morning, and I was awaiting her arrival.

When she did not arrive on time I was thinking how unprofessional she is, she was inconveniencing me, I didn't want to be waiting around for her all day, and the previous Doris was NEVER late...

And so it went as my inner chatter with and my irritation for Doris escalated. I checked the dates and convinced myself that she was unacceptably late. I called my partner to check if she'd received a phone call from Doris, and the answer was no! Check the dates she suggested.

Fortunately, I never bit her head off for suggesting I do what I'd already done, but once again, I looked at the schedule we had created this time comparing it with the calendar.

Honestly, I had already mentally fired Doris and YES those knickers were so tight they'd worked me into a real tizz...

What do you do with a balloon that's bursting, which suddenly deflates?
Ppppprrrthhh Nothing. There is absolutely nothing to be done.

So it was, when I checked the dates and the calendar I was a day early in my irritation with Doris. All my froth, anger, blustering, justification poof... it had nowhere to go. I had created a non-existent drama of irritation and anger based on my own stupidity.

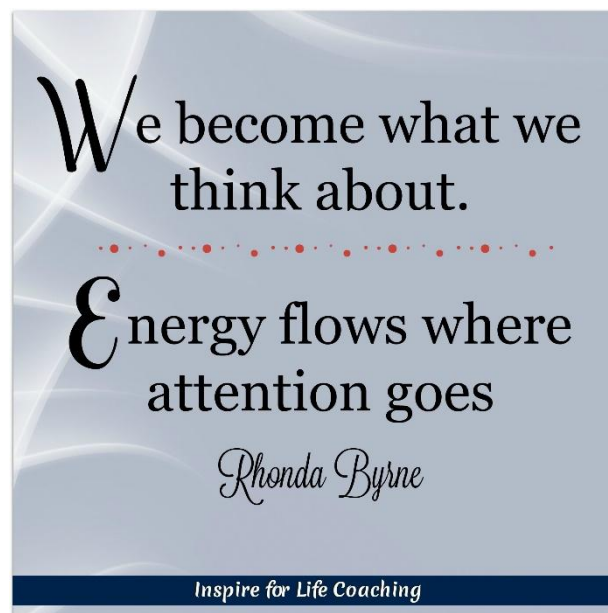
To be honest I laughed and then I sent out an energetic request of forgiveness to Doris for thinking badly of her and going to war in my head when there was no justification, not one ounce.



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I realised once again how easy it is to create negative energy, give all our attention to it, manufacture a huge drama and story around it and release it into the world.

It is as easy as a simple thought. That's where it starts and if we hook into that thought in no time, we have fallen into a hole of negativity that can escalate beyond our control. So as you go about your day remember that you bring energy to the things you give your attention to. The more attention – either positive or negative, the more energy, so choose wisely because we do become what we think about.



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