

♥ Snippets of Encouragement #32

Hello darlings

Today is day 32 of Snippets of Encouragement and **I am grateful to be alive today.**



How about you?

Many times, we allow the cares of life to wear us down and life seems like one huge drag. We have stresses with finances, relationships, work, our health and our attention is so focused on all the things that are not working that we lose sight of the bigger picture.

Yes, life can be a struggle. Yes, we do experience pain and suffering but I don't know about you, it has been in the most painful moments of my life that I have experienced the most growth. Isn't that incredible, that somehow pain also

fosters growth?

As I am sitting here feeling grateful to be alive today, I realise that I am not experiencing gratitude for a particular aspect of my life. I am having a full life gratitude moment.

I am remembering the places I grew up in, my parents, sisters, cousins, aunties and uncles. I think of my school years and all of those experiences, attending college, starting to work, moving away from home. I remember the intense pain I experienced through spiritual abuse and how I ran away from myself to America.

I think of all the incredible people who entered my life while I lived in the USA and the incredible journey of healing I underwent. I think of beginning my training as a flavourist in Germany and the incredible path that took me on. How that also brought The German dearest (my partner) into my life.

I think of the year I lived in Singapore, how intensely difficult I found that on so many levels, but also the beautiful people who came into my life. I remember making a powerful decision to move to Germany without knowing if that was possible from a corporate perspective but deciding I was going to do it anyway.

I think of changing jobs and experiencing workplace bullying and being utterly broken, to the point where I thought it would be best to stand on the train tracks. I remember being led away from the edge by anger, which evolved into rage and brought my two middle fingers back to me.

I remember following a crazy whisper in my soul that said, "Visit your niece in Canada and then you will know the next step to take." It was when leaving Canada that I declared, "I think I'm going to walk the Camino" and less than 30



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days later found myself walking over the Pyrenees in France to begin an epic pilgrimage that literally led me to myself in a profound way that I never believed possible.

I think of all the incredible people who walked into my life and whom I now cannot imagine not having in my life. I remember writing weekly emails that became my book [Letters from The Way](#) and I think of that exact moment I said to a stranger on top of a mountain that I was going to start my own business.

I think of the evolution I have undergone in this process of beginning a business and wanting to make an impact in the world. I see the choices I've made, the most beautiful colleagues I've met and collaborations I've started. I think of the wonderful clients I've had the joy to work with and I feel blessed beyond measure.

I remember the uncertainty I have felt, the fear, the tears I have cried and in the seat of my soul I am grateful, immensely grateful to be alive today.

With everything that life comprises – and by that I mean the light and the dark – I feel excited within my being to be creating this incredible experience. To think of all the beautiful sunrises I have witnessed and the countless more to come. The love I have received and have yet still to give. The evolution I have undergone and what is yet to come... oh my God this life is a delicious experience.

So I want to encourage you today, think about your life. Take yourself on a journey, be mindful of what comes up for you and be grateful to be alive today.

I feel SO grateful to be sharing this journey with you.

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.

