

## ♥ Snippets of Encouragement #43

Hello darlings

Today is day 43 of Snippets of Encouragement, and I have a question for you. Have you ever felt that you are holding on for dear life? You know the feeling... everything is a bit overwhelming or not how you want to be and you're quite literally hanging in there by the tips of your fingers.

Honestly, that can be a really horrible position to be in, because we are somehow in limbo and not really thriving.

I remember a time late in March 2015. The winter had not been as extreme as in previous years, and yet we had experienced snow, storms, and even a hurricane that March. It had been an extremely dry winter with little rain and snow and by all accounts, this was unusual. It was on my bi-weekly walks through the forest that I noticed it, holding on for dear life.

I am talking about the lone leaf on a young oak tree. As the seasons had changed from Summer to Autumn and then Winter the trees of the forest had shed most of their foliage as had this young oak tree and yet there was one leaf, YES ONE!, holding on for dear life.

It was freaky, that at the end of winter this lone leaf had not followed its companions and fallen to the ground, because it was dead! Yes dead. The leaf was dry, and shrivelled yet the stem had not yet detached from the tree and fallen. It did not seem to want to accept its fate, to fall to the ground to prepare the way for new life.

I was reminded how we as humans display the same behaviour as this oak leaf and how we hold on for dear life. Please do not mistake what I am saying by thinking that we should not be persistent or tenacious and press on through difficult circumstances. This is not what I am talking about.

As wise King Solomon noted:

To everything, there is a season, and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to pluck up that, which is planted;

A time to kill, and a time to heal; a time to break down, and a time to build up;

A time to weep, and a time to laugh; a time to mourn, and a time to dance;

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

A time to get, and a time to lose; a time to keep, and a time to cast away;

A time to tear, and a time to sew; a time to keep silence, and a time to speak;

A time to love, and a time to hate; a time of war, and a time of peace.



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Sometimes we are just too stupid to realise that the seasons of our lives are changing. Or perhaps we do realise this and refuse to accept what is occurring to allow the natural flow of life.

So if like this leaf, you are holding on for dear life, and that which you are holding onto is dead – I encourage you to let it go.

This is NOT easy and I am the first to admit that, but when there is death, we need to bury what has passed and allow life to come forth.

Whether we like it or not, change is inevitable. If you are like me perhaps one of the biggest barriers you erect to change is resistance. I know that the more I resist something the more it persists, so when I let go of my resistance I can actually move forward.

Absolutely everything in life boils down to the choices we make. Our experience of any season is how we choose to experience it. I do not believe that we will be skipping through the daisies in famine, war, or death and yet how we choose to move through those seasons will ultimately determine the reality we experience. Be encouraged to create energetic alliances with the emotions you wish to experience, regardless of the season.

So the question is, can we stop holding on for dear life or can we learn to let go and get into our flow?

When something is dead, be it a job, a relationship, an emotion, a thought process, a health issue – clinging onto the dead carcass of the situation will only bring about our own decay. So let go, allow the season to change, allow what is new and waiting in the wings to come through.

There is a season for everything. Don't be afraid of the changes each season brings!

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