

## ♥ Snippets of Encouragement #44

Hello darlings

It is day 44 of Snippets of Encouragement, and today I want to encourage you to reach out to those around you.

Audrey Hepburn said, "The best thing to hold onto in life is each other."

This is SO true and yet we often forget. We become caught up in the busyness of life, the mundane tasks that capture our full attention that we neglect those people in our lives whom we value.

I know I have done this often. A friend has been on my mind and I've wanted to write or call or text and then I've forgotten or become distracted.

Before I know it, months have gone by and we haven't spoken with each other.

Recently I was chatting to a friend on messenger who had a massive operation a few months back. I thought of her often, I sent up a prayer for her, my intentions towards her were always good and yet I never called her, which was in my heart to do. She told me how lonely these past months have been as she has been immobile at home, her son is at university, and her partner is often working away. She mentioned that people who said they would support her haven't and others who said they would visit never.

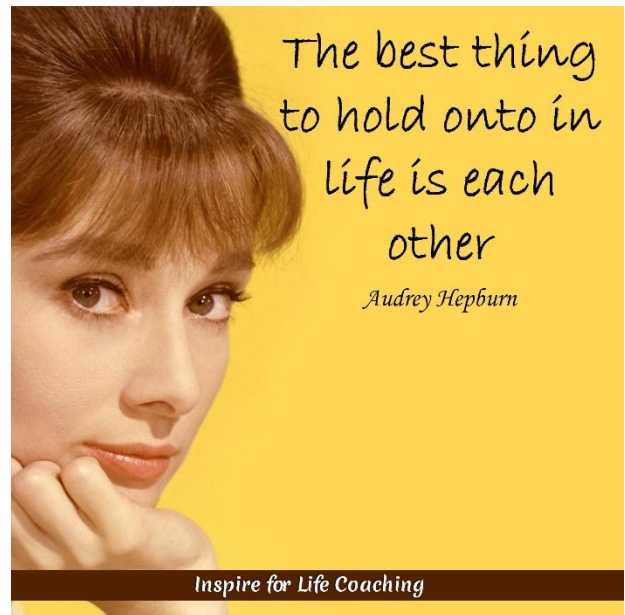
She told me that the last few months had really been lonely and quite tough for her. This made me quite sad because I never called her when I wanted to.

You know it doesn't take us any time to reach out to those around us. Nowadays we have become so precious about our space and time, but we are slowly shutting one another off, we are destroying our relationships. Whatever happened to spontaneously phoning a friend or popping in for a visit? Why do we filter our interactions so much?

My partner and I went to our favourite café for breakfast. She wanted to go shopping and as I really hate shopping, I suggested she leave me there and fetch me when she was done.

I was sitting at a large communal table writing a letter and I heard a voice asking me if the seat next to me was free. Honestly, I wasn't immediately friendly with the person speaking to me and continued with my letter.

As I wrote, my intuition encouraged me to acknowledge them in some way and I stopped, looked up, and smiled at them. The elderly lady who sat there told me



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that I wrote incredibly fast and had a lovely handwriting. She was right about the speed at which I write but not about my scrawl. Anyway, I thought I'd tell her about my project – to write one letter a day to someone, somewhere in the world. She was utterly amazed and asked me many questions about the inspiration for that project, my experience with it etc.

I then told her about this project. I said I want to know what it will be like to encourage other people on purpose for a whole year. I want to know who I will need to be for such a huge endeavour and who I shall become.

We spoke about the state of the world and how each of us has the possibility to influence others. Our conversation meandered onto the topic of WWII and she told me about growing up in the Prussian Empire, which is now Poland. How it was to be caught by the Russians, held in hard labour camps, waking up to the sound of her mother being raped by a soldier.

As I listened to her story and her tears flowed, I saw the beautiful soul that had endured so much pain and who still 73 years after the end of the war experiences trauma today. As she spoke and cried, I held her hand and I felt that I was holding her story. I told her that the person I would write to on that day would learn about her story. She said that would be lovely, but I must please be sure to tell them that not everything in that time was terrible. Even in all the horror of war and starvation there were still flowers and sunshine.

That encounter affected me very deeply because I realised that trauma never really leaves us. However, I felt blessed that I listened to my intuition and didn't ignore the person sitting next to me and I reached out and connected with her.

I gave her the opportunity to share herself with me as I did the same with her. It was a gift to both of us. Today be encouraged to reach out to someone around you. If you haven't called in a while, make the call. Send your family members a text message, chat with a stranger in the queue. When we connect with others we bring many blessings into our lives.

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.

