

♥ Snippets of Encouragement #56

Hello darlings

Today is day 56 of Snippets of Encouragement, and I have to ask, isn't it just the worst feeling to walk with a stone in your shoe.

How often hasn't that happened to you in life, you're walking along and suddenly as if out of nowhere you feel a little stone in your shoe. It's not in the sole of the shoe, but is right in there with you.

You may know that I've walked a couple of kilometres in my life having completed the Camino de Santiago and other long hikes. This was the one thing I noticed with both myself and other hikers, when a stone came into the shoe sometimes we were reluctant to get rid of it immediately.

This I noticed is a metaphor for life. Often we are walking along, minding our own business, everything is rosy and suddenly a little nagging hindrance arises on the horizon of our lives.

Often we are loath to deal with it immediately and for whatever reason we allow it space in our life and there it lays the problem.

You see when you have a stone in your shoe all sorts of things occur. You adjust the manner in which you walk, you may scrunch up your toes, or push them forward in your shoes, or push your heel as far back in the shoe as it can go. While it may not immediately become obvious, this rearrangement of your walking style may lead to you leaning forward as you walk, or limping slightly. Your back starts to go into spasm, your shoulders hunch you feel totally uncomfortable.

What also happens is that little stone rubs against your skin. If you're not wearing socks, the stone may be stuck in a particular part of the shoe where it rubs and rubs the skin, causing sensitivity that leads eventually to a blister.

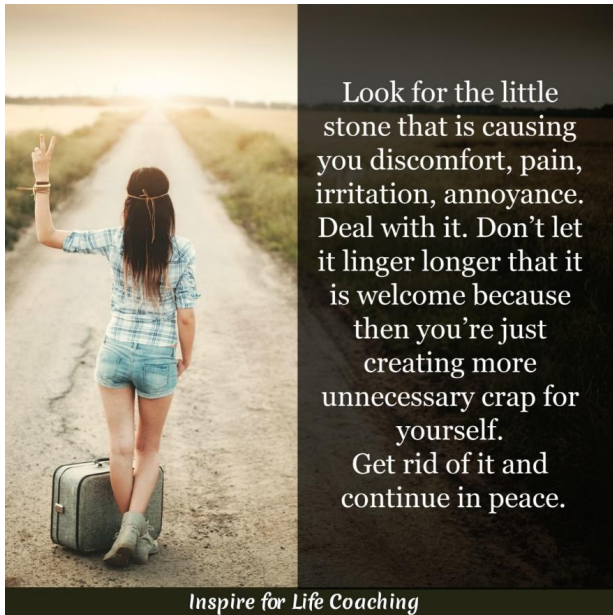
Perhaps you have socks on and the stone wears through the sock causing a tiny hole which then ruins the whole sock. The worst is when you're a woman wearing stockings. They immediately become laddered and need to be thrown out.

What is also amazing about having a stone in your shoe is the amount of mental resources you assign that tiny irritant. You think of ways to rotate the stone so that your pain and inconvenience is reduced. You think of what an annoyance it is. You think of all the things you're busy with and why you can't immediately remove the stone. You think of where the next convenient place is to stop and remove the stone. You think of why it always happens to you, just when you don't need it, another stone shows up.

Here is the irony, we often tolerate that stone much longer than is necessary and often cause ourselves great physical pain. We make excuses why we can't remove the stone – there's nowhere to sit, we're in a hurry, we're going to be late, it's raining and there is no shelter, the backpack we're carry is too heavy and inconvenient to remove.



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The excuses and reasons we create for not removing the stone become ridiculous and yet when we decide to stop, remove the stone, and continue on the stone is quickly forgotten and life continues as normal.

Now each of us have experienced figurative stones on our life's journey and each of us have behaved in one or more of the ways I have described. Often times that stone is so tiny we are willing to pay it no head, and yet...

Today I encourage you to look for the little stone that is causing you discomfort,

pain, irritation, annoyance. Deal with it. Don't let it linger longer that it is welcome because then you're just creating more unnecessary crap for yourself. Get rid of it and continue in peace.

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