

♥ Snippets of Encouragement #65

Hello darlings

It is day 65 of Snippets of Encouragement, and the honest truth is I didn't feel like doing this snippet of encouragement today. I feel that I have nothing within myself to encourage anybody else about.

When I looked at that, I mean seriously evaluated it, I had to confront my thinking and ask if that is a statement of fact or a perception based on illusion.

I realised that it's a little bit of both. It's both an illusion that I am creating for myself which is stemming from how I am treating myself.

Have you ever noticed that you feel a certain way about aspects of your life especially related to your outer world, only to realise that how you're feeling is about your inner world.

There are times when we feel as if we have no patience for those around us, or our love and compassion is extremely low. Occasionally we feel incredibly angry over seemingly insignificant things, or our anger can explode as if out of nowhere.

Our outward reality is a manifestation of our inward reality.

How we are treating ourselves inwardly is how we treat others and how we show up in the world.

Many times, we do not wish to acknowledge this truth but it is always the case. Sometimes we blame others or the circumstances in our lives, but when we look closer, we will always see that our external imbalance is a manifestation of our internal imbalance.

So how do we deal with that? How do we realign ourselves or bring ourselves into balance once more.

I want to encourage you with this: if you're seeing, the same behaviours or circumstances cropping up in your outward life ask yourself who they are a reflection of your inner world.

If those around you appear to be unloving or unsupportive, ask yourself how you're being unloving or unsupportive towards yourself. If you find you have no energy to do the things you love, ask yourself how you're withholding energy from yourself.

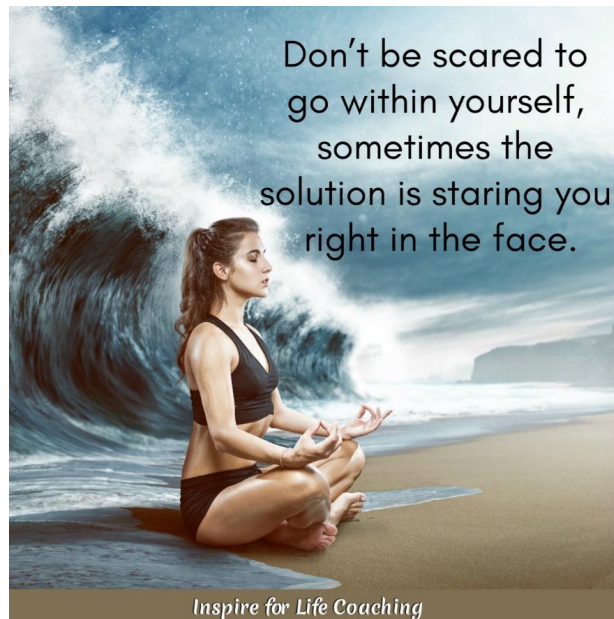
Sometimes we look for complex reasons why or we stew within our own suffering longer than necessary when all we need to do is ask how is this outward situation showing up within.

In my case, I realised that I am not championing myself through some challenges and I haven't been encouraging myself. I cannot expect others to give to me that which I am unwilling to give myself, so me myself and I had a little chat and then we created this snippet of encouragement together.



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Don't be scared to go within yourself, sometimes the solution is staring you right in the face.



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