

## ♥ Snippets of Encouragement #75

Hello darlings

It is day 75 of Snippets of Encouragement, and today I would like to encourage you to establish and maintain your boundaries.

Through these daily snippets, you've heard me speaking often about the fact that we are all powerful creators of our lives. We choose how to think, speak, and act. None of us is a puppet on a string and even under the most restrictive and difficult of circumstances; each moment of our lives is a product of our creation.

I am often amazed at how we are willing to accept responsibility for the brilliant things we create in our lives and yet the moment something goes "wrong" (whatever that means) we look for a reason or someone to blame.

If you're willing to accept responsibility for the genius aspects of your life, well then you also have to be willing to accept responsibility for the idiotic aspects of your life. Do not feel judged or despairing, we all have them. That is what makes life fun, that we incredible, magnificent creatures can create such a smorgasbord of reality through experience.

Each moment of our lives consists of thousands of little transactions. If we behave in a certain positive way others will validate us, if we behave in a negative way others will reject us.

Every day we have thousands of interactions with people and often we feel offended or hurt by them. Perhaps their actions have been intentional, perhaps not. We may fester within the situation for hours that becomes days and can escalate into a lifelong injury. Alternatively, we can develop no attachment to the pain and we can let it go.

Gandhi said, "Nobody can hurt me without my permission." This was an enlightened statement, a pure realisation of the fact that he was the master of his life and experience.

He realised that what came at him was his responsibility to accept or reject. If he felt injured and hurt by others he had given permission to himself to respond with hurt.

The fact is we cannot stop anyone from behaving in a manner that is hurtful to us. We can however choose how we respond. Like Gandhi, we will require a strong sense of self-worth. We will have to act like the masters and creators that we are.

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Gandhi



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We will have to establish strong boundaries that will not take on all the actions of others.

Everything that is happening around and to you is not always about you. Yes I know that sounds improbable but the fact is the world is unconscious. People are carrying huge pain bodies and lashing out at everything without working on healing themselves. There is so much toxic fear and anger floating around if we were to allow it all in we would fall into a vortex of despair.

So today be encouraged to stop giving permission to shit landing on you. Establish healthy boundaries with yourself and others and don't take everything personally. If you do, you will drown and nobody wants that so choose what you will let in and what you won't. The power is in your hands.

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