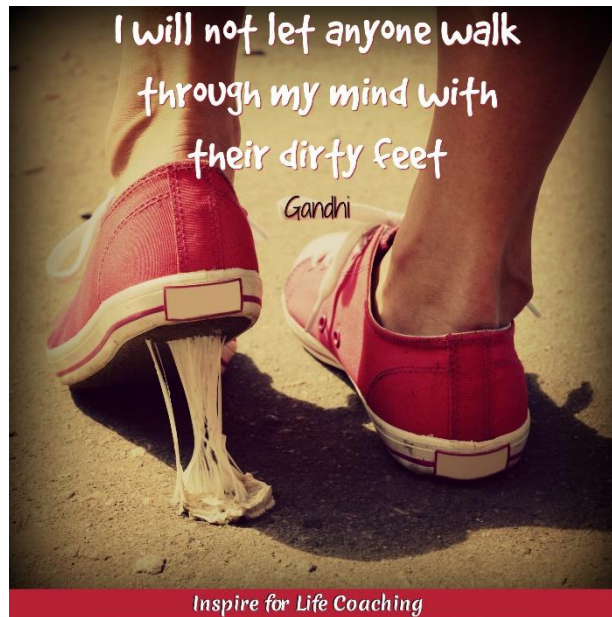


## ♥ Snippets of Encouragement #76

Hello darlings

It is day 76 of Snippets of Encouragement, and I want to share a quote I absolutely love from Gandhi.



Don't you just love that?

How often don't we allow our thoughts to become consumed by the actions of others, especially when those actions are negative?

What we are essentially doing is bringing the dirt of others into our mind and allowing them free reign. Our thoughts go hither and fro in our minds and wreak havoc. Many times when consumed with negative thoughts about other people our thoughts don't remain on one action or aspect of negativity.

No! They expand and gather momentum. They become blown out of proportion until it is hard to find space for a positive thought.

This is fully our responsibility. Nobody can get into our head without our permission, so we are fully responsible for what we let in. Nobody else! Not even the person about whom we are thinking.

It is possible to create negative thought forms about people that then become manifest in reality. I am sure you have seen it in your life. There is someone everyone thinks a certain way about and whenever you think of them the story surrounding them becomes bigger.

In fact there is a currently an American politician who walks through the minds of thousands the world over with their dirty feet. While people may have no personal experience of or with this person, the thought form is in the mind and it goes wherever it wishes, consuming space, and spreading poison.



## ♥ Snippets of Encouragement #76

We become what we think. Our thoughts become manifest into reality because of the fact that we are powerful creators. Just as you would eat a healthy diet, so too with the mind. You can't expect to experience happiness and joy when the mind is full of shit.

So today I encourage you to feed your mind with the things you want to see manifest in your life. If your thoughts are consumed with other's behaviour, look how that is serving you and decide what mental nutrition and diet you wish to have. You can allow the negativity of others to wander through your mind unchecked or you can choose otherwise. The choice is always yours.

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.

