

## ♥ Snippets of Encouragement #78

Hello darlings

It is day 78 of Snippets of Encouragement, and today we're going to speak about our attitudes.

This past week I attended my group Reiki session and one of the women shared a story about having a flat tire. You know how it is, others chipped in and shared their stories, and then I was reminded of my own horror story with a flat tire.

It was late on a Sunday night and I had been visiting a friend in Pretoria for the day. I had to make my way home back to Johannesburg and I was driving on a freeway that was neither well-lit nor safe. Suddenly I felt something strange with my car and in fear and trepidation pulled over, only to discover I had a flat tire.

I knew there was a rest stop further up the freeway so I drove there very slowly, and was extremely grateful to see the service station personnel rushing to my car. They put on my spare tire for me but warned me that the spare wasn't in good condition either.

I noted their advice and continued towards home. I had just turned off the freeway and was driving through a deserted industrial area when I felt the car swerving strangely. When I looked at the tires, I noted that my spare had also burst and the other back tire was shredding. I was screwed.

At that time, I had no mobile phone to call for help and passing cars wouldn't stop to help me. I had a car that could go places but I had three damaged tires and was totally stranded. I was going nowhere anytime soon!

Today I saw a quote that said, "A bad attitude is like a flat tire. If you don't change it, you'll never go anywhere."

From my experience with flat tires and bad attitudes, I know this is 100% true. I'm sure this has also been your experience, right?

The dictionary defines an attitude as a settled way of thinking or feeling about something.

When I am displaying a bad attitude often, there is a lot of ego floating around in my thought processes. I see myself as being right and everyone else is wrong. I act in a demanding

somewhat temperamental manner and expect the whole world to adjust to my demands and me. When I display a bad attitude, it is often accompanied with an attitude of "I just don't give a damn" or "To hell with all of this."



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From experience, when I go into the world with those sorts of attitudes absolutely nothing happens. I create more resistance within myself and those around me and I shrink my possibilities.

Of course, other people respond to the energy of our bad attitude and all we create is more energy that is negative. This stuff has an amazing way of being contagious.

How often hasn't it happened when you wake up on the wrong side of the bed and everything goes wrong? You kick your toe on the bed, slip in the shower, and spill coffee on your work clothes. You seem like a tornado of negativity in your own house and are in a grumpy miserable state with yourself. Before you open the front door, you choose not to leave any of this energy behind and instead step into the world with your tornado, creating more evidence that the whole world is out to get you and it would have been better if you just stayed in bed.

We have all had days like these, but you know what, some people have weeks, months, years and lives like this. All because they are choosing to have a fixed view point that life is chaotic, or out to get them, or they're a victim...

Well none of those things is true for any of us. We all have the power to change our thinking, just as we would have the power to change a flat tire. This is not out of our grasp or beyond our skills set.

Today I want to encourage you to pay attention to your attitude. Pay attention to the thoughts that are weighing you down and how you respond to them. Reach for your highest vibration in all you do. This is within your power, so choose attitudes moment by moment that bring you more joy, peace, and love.

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