

## ♥ Snippets of Encouragement #127

Hello darlings

It is day 127 of Snippets of Encouragement, and today I would like to encourage you to appreciate what is.

This past weekend I was struck by how much people complain and place themselves in a state of lack of appreciation.

Here's the back-story. Once a year a friend of mine organises an annual hike with a group of friends. She has this gigantic house which has the perfect room to host a large dinner or lunch party. It has gorgeous leather sofas, walls packed with bookshelves, lots of natural light and a fireplace that we all sit huddled around.

Here in Germany there is a tradition of organising hiking trips based on specific eating seasons. There are specific foods that people eat traditionally at different times of the year, and right now, it is Grünkohl season, which is also known as green cabbage or curly leafed kale. Here in Germany it's prepared in a specific way and is greatly loved by the nation. Needless to say, it's an acquired taste to foreigners.

However, I digress. The day arrived for our gathering and looking out the window it looked miserable. There was ice rain falling from the sky with thick mist and it was quite cold. We were the last ones to arrive at my friend's as we'd had some drama and locked ourselves out the house without our car keys, but fortunately, we managed to solve that problem and braved the weather to drive to my friend's.

She lives in an area known for its natural beauty with hills filled with cherry trees and small forests and a river flowing nearby. Each year we walk a different route as there are so many possibilities and this year she suggested that we head directly up into the hills, walk along the plateau and then return via the river.

I was so happy to see that the ice rain had stopped although visibility was very poor due to the mist. I was hoping that at higher altitudes we wouldn't experience too much ice, as that's quite dangerous to walk on, especially when descending.

It is traditional to take lots of alcohol with on these hikes and mainly schnapps and glühwein is drunk in copious amounts. This means that there are regular pauses to snack and drink and a short walk can last a few hours.

We stopped for our first break half way up a hill and there was a lot of complaining about the weather and the steep ascent. When we ascended, there was another break and due to the altitude, there was quite a fresh wind blowing up there. There was a lot of complaining about the lack of visibility and how much nicer the experience would be if we had a view. My friends were moaning that they couldn't enjoy the surroundings and kept mentioning how much better the experience would be if the weather were as good as the day before.

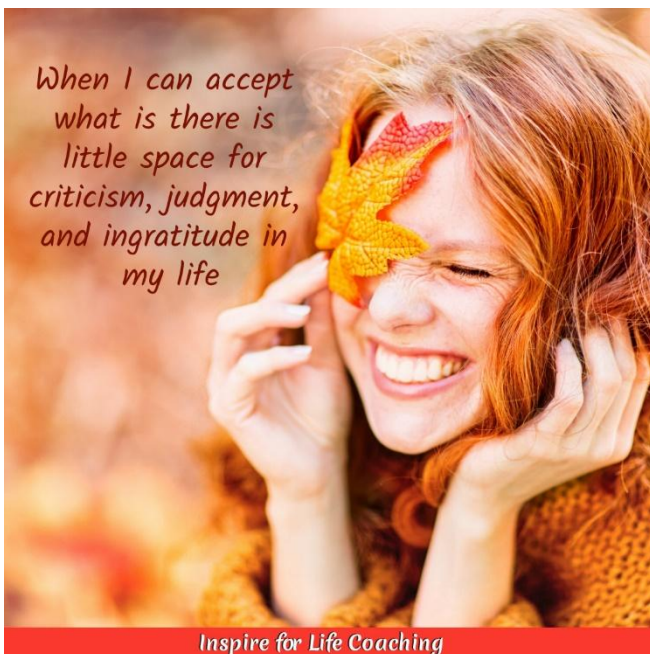


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As I listened to all the comments, I couldn't help wondering why there was such a lack of acceptance and gratitude. Why my friends were incapable of enjoying what was, rather than complaining about what wasn't.

From my perspective, it could have been far worse than what it was. We could have had a snowstorm or experienced ice rain. The pathway could have been treacherous to walk; the temperatures could have been sub-zero and life endangering.

I also realised that each year when we do this hike, the experience has been different each time. That suits me perfectly and for that, I am incredibly grateful because I love new and different experiences. I also felt blessed to be able to walk with my friends and enjoy their company and be in good health and spirits.



To be honest I chose not to tell anyone to adjust their attitudes because I chose to accept what was. This is how my friends were experiencing themselves and that is perfectly fine with me. I realised once again that when I can accept what is there is little space for criticism, judgment, and ingratitude. Acceptance is after all the first stage of love and when we can accept what is then we can love what is.

Therefore, today look at the things that are coming up as a stone in your shoe and see if you can accept what is and

create more space for love in your day.

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