

♥ Snippets of Encouragement #166

Hello darlings

It is day 166 of Snippets of Encouragement, and today I'd like to share a little story about perspective and truth with you.

I had a mountain retreat with myself this past week because I wanted to spend some time in silence and contemplation. There are a few questions, I've been asking myself and the more I seem to push for the answer, the further away they lean.

Therefore, I did what I only know what to do and that is to go within and be still.

There is constantly so much noise around us and OMG the noise in our heads can be the worst of all. We lock into a certain way of thinking; we see the *truth* from a very limited perspective; we spin around in circles unable to get clarity.

When we're in these situations, the inner critic pitches up with their brass band and has a field day creating an insane cacophony of useless noise and all the while that truth and clarity we seek slips further and further away.

The past few days as I considered what is true in my life, I also concluded that the very opposite of what I believe is also true. Sadly, we would like to have a monopoly on "the truth" but unless it's universal laws, which are factually true, every other truth is subjective within the context that it exists.

My mind was grappling with this, because bladdy hell it can't be! I am a very good person, right? Well no, I'm also an evil shit at times this too is true... You see what I mean?

We aren't always able to view our life from different perspectives because we're too involved with ourselves, but I asked myself, how this could be true. How can the things I hold to be true and real in my life also be false? That doesn't make sense right?

This is the vision I had about truth and perspective. I saw a circular room with three different entrances at opposite points in the room. Through each door, a young girl entered the room, which was completely bare apart from one occupant.

The first girl who came from the West immediately wanted to kill the occupant. She reacted in disgust and recoiled, simultaneously repelled by and afraid of the rooms' occupant. "It must die!" she yelled.

The second girl who entered the room immediately wanted to catch the occupant and eat it. "Oh my goodness," she exclaimed, "I'm so hungry. What a nutritious meal!" When the first girl asked her, "are you mad?" she was offended and replied, "No! In my village in the South this is my favourite delicacy that my mother roasts for my siblings and I. How dare you! "

The third girl entered the room, distressed by the other two. She saw them arguing over the rooms' occupant and her heart hurt. She secretly thought they were both



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monsters for wanting to kill the occupant because in the East where she came from all life is considered sacred and is not to be harmed.

“Why are you arguing?” she asked them both. “Can’t you see this is a precious life that has the right to live?”

“But, it’s a disgusting cockroach that carries disease,” said the girl from the West.

“No it’s not! It’s my favourite meal,” exclaimed the girl from the South. “It’s full of protein and tastes delicious when roasted over an open fire.”

“You may be right,” said the girl from the East, “but this creature used to be my family dog and I can’t let you kill it or eat it, it’s a precious soul that deserves to live.”

One cockroach, three truths. Who is right? Who is wrong?

In the context of this story, all three perspectives are right and hold validity. All three perspectives are the truth.

Sometimes finding the balance of truth for ourselves can be so difficult because we want absolutes, but in an ever-changing world are there ever any absolutes?

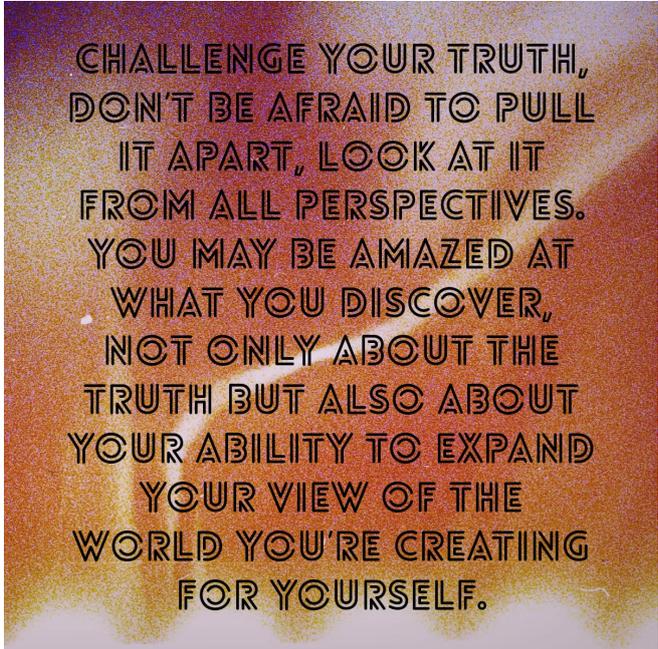
I know this may seem quite abstract a concept and perhaps like me you want to nail down the truth for yourself because it gives you a sense of safety and security. However, allow yourself to be open to the possibility that the exact opposite of what you believe is also true, based on context and experience.

When we start to get a broader view of how we view ourselves, our lives, the lives of those around us we see there is so much we don’t know, so much we can’t predict, so much we can’t tie down. That realisation can be petrifying because what the hell, we deserve some certainties don’t we?

Well yes, the only thing certain is none of us is getting out alive; the rest is creation in motion day by day.

Therefore be encouraged today to challenge your truth, don’t be afraid to pull it apart, look at it from all perspectives. You may be amazed at

what you discover, not only about the truth but also about your ability to expand your view of the world you’re creating for yourself.



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