

## ♥ Snippets of Encouragement #231

Hello darlings

It is day 231 of Snippets of Encouragement, and I have been bouncing back and forth between Germany and The Netherlands the last four days. I am attending a yoga and meditation workshop called Inner Engineering from Sadhguru.

Honestly, I don't think I was properly prepared for the contents of the workshop. It's mainly using yoga to create a deeper inner connection with oneself. Considering I'm as stiff as a plank and don't do yoga in day to day life, it's just the right things for me right. Not! Ha!

Sitting on the floor for eleven hours a day, getting my body to be more flexible and do what I want has been a challenge. What has encouraged me is that I am not the only one who is struggling and listening to the participants complaining about how their joints and bones are aching has "pleased" me.

No, I don't have schadenfreude – which malicious joy at the suffering of others, knowing that our experiences are similar gives me hope not to become despondent.

Trying to cradle my knee to my breast and then rock it like a baby in my arms is almost impossible and causes unbelievable pain in the lower back and ass, but I'm grimacing like a Gremlin and persisting nevertheless.

As I involve myself so closely with my body, I've been reminded how easy it is to listen to my monkey mind that wants take the pain I'm experiencing and create an Oscar-winning performance out of it.

To keep things in balance for myself, I've chosen to remember that only this moment (NOW) is inevitable, and nothing else exists. It is also true that pain is inevitable, but suffering is optional.

Life is full of struggle, and we experience every kind of pain, but while pain is inevitable, suffering is optional.

We suffer when we can't accept what is — the moment we experience discord with what it, we can choose what to do with that discord. Most of us follow the drama of our minds, and as I said, create Oscar-winning performances. We identify completely with our story and are fixated on the suffering only.

When we don't live in a state of conscious awareness, it's simple to fall into a state of suffering and wear it like a cloak as we pass through a world of wonder.

I don't know about you, but this is not an existence I want for myself.

The question is, can we accept our pain for what it is, experience it at the moment that it exists, feel it and allow it to pass?

Everything in life passes, absolutely everything, but if we cling onto our suffering, we never allow our pain to pass.



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Today I am sitting in meditation and contorting my body for another 12 hours. I know it's going to hurt and be incredibly painful, but I choose to be grateful for every ache and pain I feel because you know what, it means I am alive. If I didn't experience any sensations in my body, it would indicate I'm either numbed out or dead, and that's not what I choose for myself.

Do yourself a favour today and check in with yourself. Where are you holding onto suffering in your life? How is that working for you so far?

I know it's shit to be stuck in your suffering, so choose to start releasing it and moving out of that energy. Pain is an indication that you're feeling the sensation of life. Embrace it, work through it and release it. Don't turn it into suffering, that's a choice that will never bring more joy into your life.

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