

## ♥ Snippets of Encouragement #260

Hello darlings

It is day 260 of Snippets of Encouragement, and today I want to encourage you to create what you desire.

Do you realise the incredible limitless possibilities in that simple statement?

Oh my God, I can't even fathom the incredible possibilities and creations that could come forth if we all created what we desired.

Abraham Hicks said, "Desire is the beginning of all new Creation."

Think about that for a moment – nothing that's ever created comes out of anything but desire.

I find the dictionary definition of desire a bit too lacklustre. Apparently, it's a strong feeling of wanting to have something or wishing for something to happen. What do you think is that definition a bit wishy-washy or what?

If desire is the force that gets all creation going, surely it should be defined as having a bit more oomph?



Anyway, I'm not here to mess with the Oxford dictionary, let me get back on topic.

Here in Germany, there is a colloquial saying around the topic of having no desire. People will say, "Ich habe keinen Bock" which literally means I have no desire. When I first heard people using this phrase, I wondered why everyone was saying that they had no antelope! In Afrikaans, Bok is the word for a deer.

In German, a lot of emphasis is placed on the Bock. Depending on how someone expresses this word, you can gauge how little desire they have. I must say I've found myself sometimes falling into the complacency of having kein Bock in my life, and then I wonder why the hell I'm not receiving the things I want from life.

If we want to create anything in life, and life is entirely a creative process, we have to have the desire. No desire equals no creation, which essentially means no life.

Last year was a miserable year for me in this regard. As I felt my body going through different hormonal changes, I lost all desire to engage with life.

Everything seemed like an effort, and nothing excited me. It was almost as if I had a cataract over my eyes, and everything looked blurry and uninteresting.



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When you have no desire, your ability to engage fully with anything seems to evaporate. You move on autopilot, and if you're not careful, you start internalising your lack of creative outlet into anger and depression.

When you're in this vortex of uncreativity, you sink deeper and deeper into this mire of bleh, kein Bock!

To get out of that state can at times feel like a fight for your life. In my case, I had a strongly worded conversation with myself. I used the words fuck, shit and ass quite a lot, so you get the picture.

What I also realised was I didn't actively appreciate all the numerous gifts and blessings I have within myself and my life. Appreciation is a magic formula to get ourselves out of any funk. If you're having a shit day just hearing someone say "Thank you, I appreciate you," is like a magic balm to turn your day around.

Desire, like creativity, encompasses the full range of human emotion and expression. When we think of desire and creativity, it's not only the so-called positive things that we can desire and create; we can desire and create absolutely anything that falls into our imagination.

Therefore, we can see that this process not only is exciting; it also requires great responsibility. As you know, I don't believe in labelling anything good or evil because that makes things very one dimensional. Life is multifaceted and so too are our desires and therefore our creations.

I encourage you today to create what you desire. Become conscious and aware of what it is you desire and then create more of that – whatever that may be. Of course, you know that if you're a vibrational match to something you will create more of that thing, so awareness is that most significant way to raise yourself out of the lower vibrational states.

Each of us has the incredible capacity to create immense joy for ourselves in whatever way we desire. Let's have some fun and engage actively with the creative process in our lives; let's embrace our highest desires and have some fun.

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