

## ♥ Snippets of Encouragement #267

Hello darlings

It is day 267 of Snippets of Encouragement, and I want to end this week of sharing some of my Camino wisdom on the topic of gratitude.

In the past week, I've shared some thoughts about overcoming obstacles or climbing the mountains in our lives, becoming an active and powerful listener. I encouraged you to build strong friendships and ask for help when you need it. In life, we all need to create our unique experience and follow the arrows and direction in our lives. Yesterday I encouraged you not to give up, and today I want to encourage you to do everything in gratitude. In fact, live in gratitude.

We often forget to be grateful because the cares of the world weigh us down, and we become caught up in the quagmires of life.

However, absolutely everything is a choice, and just as we choose to become bogged down in the negative energies we generate and that surround us, we can choose to focus on being grateful in all situations.

I have often said to people that my legs never carried me 900 kilometres across Spain, my grateful heart did.

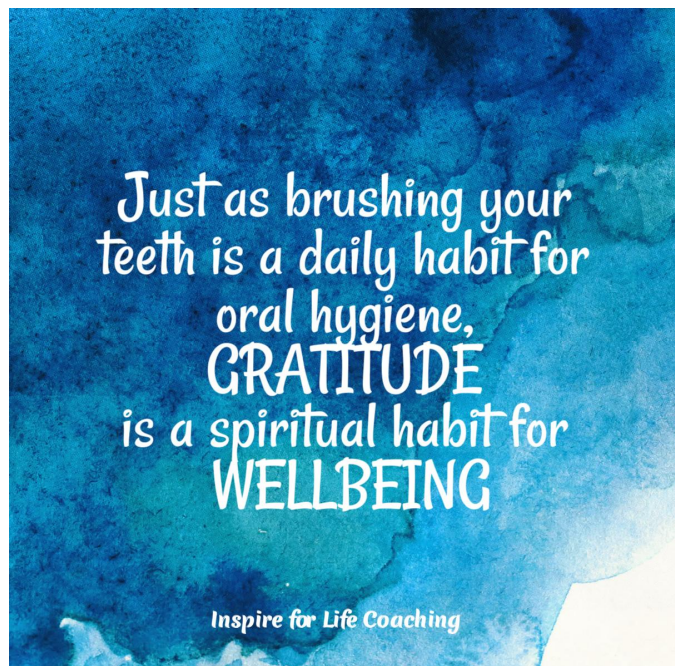
With each step I trudged, my mantra was a drum-like 'Thank! You! Thank! You! Thank! You!' By allowing my mind to be grateful for my body and accessing my indomitable spirit, I aligned with my goal.

Some days my body was screaming in agony, and on others, my brain was looking for the simplest way out, and yet kilometre after kilometre I continued with Thank! You! Thank! You! Thank! You!

It was this attitude of gratitude that kept me upright and moving forward towards Santiago de Compostella, nothing else.

The more gratitude I practised, the less space I allowed for all the negative thoughts and emotions to come rushing back in. I wasn't only grateful for all the things that were going well. I was thankful for the bed bugs, the sunstroke, the tendinitis. I was thankful for the 24 hours diarrhoea, the pilgrims who snored so loud I couldn't sleep, and the ones who were a pain in my ass.

I was grateful to myself for having the courage to do something so epic, almost against my better judgment, and I was thankful for all the love and support I had



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from others. I was grateful for the angels I'd met along the way and for the ancestors who had gone before me and created the path.

I guess you can see that I was grateful for everything!

In our day-to-day lives, we often forget to foster this attitude of gratitude, but just as brushing our teeth is a daily habit for oral hygiene, gratitude is a spiritual habit for wellbeing.

The most potent form of prayer that we can offer up is the simple phrase Thank You. Think of the impact your heartfelt thank you has on your loved ones, friends, colleagues, and even strangers.

Thank you raises the energy level and it attracts more of itself towards itself. I have never seen a happy ungrateful person, have you?

That's because the two forms of energy are not congruent with one another. Gratitude begets more gratitude, which brings with it joy, peace, happiness, wellbeing. The words Thank You contain within them the full abundance of the universe.

Wherever you are in the world today, whatever is going on in your life, I encourage you to tap into gratitude and to give thanks for the circumstances of your life. When I review my life, I can see how appreciation has brought me through every heartache and trauma. We often only want to give thanks for the 'good' things in our life, but good and bad are definitions we uphold, not the universe. Give thanks for everything. Even if the sky is falling on your head today, give thanks for that, it just means that you're that little closer to touching the stars.

If you'd like to learn more about my pilgrimage across Spain, you can read my book [Letters from The Way](#), which tells my story in letter form. Enjoy the book, darling, many people have.

If you've enjoyed reading this snippet of encouragement there are three things you can do. **SHARE** it with a friend. **ENCOURAGE** another person today. **SIGN UP** using <http://eepurl.com/dlt8Fj> to receive the Snippets live to your inbox each day.

