

♥ Snippets of Encouragement #285

Hello darlings

It is day 285 of Snippets of Encouragement, wow, do you realise that we only have another 80 of these snippets to go until the year is complete. How time has flown!

On a scale of 1 to 10, how nice do you think you are to people. By using the word "nice," I include courteous, helpful, kind, considerate, you know *nice*.

Recently I found myself driving along and swearing on more than one occasion at other motorists. My attitudes and behaviours were very aggressive, and this made me pause within and ask what the hell was going on with me.

I'm generally relatively patient, and the fact that I was so reactive made me wonder what imbalance I was experiencing in myself. I noticed that I was incredibly aggravated by the news I had listened to, and there was also the issue I shared with you on day 276 that was still going on in the background for me.

My behaviour made me realise that I wasn't mastering myself or my emotions, and I wasn't bringing the best version of myself to the German roads. I could also argue that the best version of myself wasn't necessary because everyone swears at stupid drivers, and nobody saw me or was monitoring my behaviour. Truthfully I saw myself, and I was watching my behaviour, and I knew better.

I find that often we may be nice to people's faces, but behind their backs, as in the example I gave you, we are nasty little beasts towards other people. Those motorists I was swearing at are unknown to me, and I could try and kid myself that my behaviour doesn't matter, but it does.

We know that everything is energy and if I was choosing to send my negative, aggressive energy out into the world, not only was I harming myself, but also those nameless people.

I'm sure you would agree that common courtesy, politeness and friendliness is in much shorter supply today than fifty years ago. Children are not raised to be polite to others, and adults seem to have lost their capacity for common courtesy

I often find myself wondering if art imitates life or life imitates art? If we look at the movies, TV programs and music we consume today, it's filled with violence, brutality, sexual degradation, racial prejudice the list goes on. What was once implied is now ingested in full frontal HD and stereo. Undoubtedly this "art" has impacted our collective psyche and contributed to the state of the world today.

While I'm in no way a prude, I am very aware of what I consume and how this impacts me. If I'm brutally honest with us both, I consume a lot of shit that in no way fosters my enlightenment or higher consciousness. As I'm always saying, everything is a choice, so I have a few things to work on.

However, I cannot blame the things I watch and listen to for my behaviour; I'm not a puppet none of us is.



♥ Snippets of Encouragement #285

Sometimes I see videos of people online who are in a rage with strangers, and I think to myself, "seriously?" Does it mean because we have freedom of speech we can behave like idiots towards others? However, I also see this as being symptomatic of people not knowing how to process their emotions and take responsibility for themselves.

Anyway, I'm not here to judge others on their behaviour; if I want to see a change in the world, I have to be that change in my own life.

Sometimes in the hurly-burly frenetic aggressiveness of life, we forget that we are dealing with real-life human beings and not just someone we collide into or bounce off as we go along. If we were accustomed to treating ourselves with the highest respect at each moment, wouldn't we be compelled to treat others likewise? Our interactions with others are always a reflection of how we're treating ourselves, so perhaps we need to remember to be nicer to ourselves.

Yes, it's possible to be courteous, helpful, civil and polite with oneself. We are, after all in constant conversation with ourselves, so we need to be aware of how we're speaking to and thinking about ourselves. When we create some level of self-mastery, it becomes that much easier to give those things to others.

Therefore I want to encourage you today to be nice to yourself. You know, old fashioned respect, tactfulness, pleasantness, kindness, civility and politeness. Treat yourself like the treasure that you are and then treat others the same way. We won't swear and cuss at others when we're not doing that to ourselves because the respect we have within we will give to others.

I know it's not an easy thing to do but be aware of your relationship to yourself and step it up a notch. If this is something, you've mastered within let your behaviour be a shining light to others. Let's get back to being nice to ourselves and one another.

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.

