

♥ Snippets of Encouragement #330

Hello darlings

It is day 330 of Snippets of Encouragement, and lately, I've been considering the words of Joseph Campbell where he said, "Follow your bliss, and the universe will open doors where there were only walls."

I wonder if he meant this should be how we live our lives and earn our living, or if it's a state of being that we should seek daily?

I think many mistakenly believe this means that they should follow their bliss in terms of the work they do. We dedicate the majority of our time and energy to our work and making money or making a living, so of course, it easy to believe that our bliss should be our work that would make money, but is it?

Honestly, I've asked a question to which I have no answer.

I've also been wondering when it was that we as humanity made money our god. Now, before you get your knickers in a knot and start declaring that money is not your god and how dare I, hear me out a minute.

Our societal structures are such that nothing can occur without money. Everything is dependant on the creation of money, the expenditure of money and the distribution of money. By virtue of the structure in which we live, each of us is funnelled through the system with one thought in mind, make enough money to live, because, without it, we can't.

That is also not factually true; many live outside these social structures, but their lifestyle choices are neither mainstream nor easy.

From a young age, children are conditioned to believe that certain career choices would result in an impoverished lifestyle, and they steer clear from things that bring them joy and are a source of bliss.

We've all entertained the winning the lottery fantasy, where our lives would radically change if we did not have to worry about money. We've imagined grandiose scenarios of what we'd do with the money, how we'd help our friends and family and how we'd all have enough to live on until our dying day. Do you understand why I say we've made money our god?

We all seem beholden to the pursuit of this substance as a means to an end, and often the end we desire is happiness and a blissful life. However, the question



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remains how can we achieve bliss if the focus of our attention is money, mistakingly believing that money will enable us to live blissful lives?

To be clear, I am not anti-money, I don't believe it's evil, and I believe wholeheartedly in living a prosperous, abundant life. I also believe that money flows to me because this has been my life's experience, so please don't think I'm bashing money because I'm not.

What I've done in my life and see many behaving the same is I've created the belief that if I earned a certain amount of money then I could do xyz which would make me happy, but this is not always the case.

When I've focused on the money end of the equation I've always felt stressed and as if I were striving, when I've focused on how I want to feel I've brought an entirely different energy to my endeavours.

So how can we follow our bliss and how would the universe open doors for us? Additionally, I have to ask what is your bliss, and what would you follow if you gave yourself the allowance to do so?

I think to follow our bliss is not exclusive to the work we do, but it's pertinent to each area of our lives. We are complex beings with a myriad of desires; therefore, to mistakenly believe we only have one driving force or source of bliss is foolish.

Today I want to encourage you to evaluate the seven main areas of your life and discover how you can follow your bliss –

- Body (health and fitness)
- Mind and Emotions (psychology and beliefs)
- Relationships (intimate)
- Family.
- Social/friends/fun.
- Business/Career.
- Money/Finances.
- Spirituality

Don't be afraid to address the areas where you're not experiencing bliss within your life and make changes. Our experiences of joy will differ, but for each life it's possible to know and live in bliss.

Making new choices is difficult at times, and many will choose to remain the same, but how can the universe work on our behalf to open doors and knock down walls if we don't make different choices?

With this snippet I am not trying to encourage you to leave a 9 to 5 job and “follow your dreams” because that's not for everyone, however, what is for everyone is to live a balanced life, focusing on those things that bring us joy and co-creating a life of joy and wonder with the Divine.

