

♥ Snippets of Encouragement #331

Hello darlings

It is day 331 of Snippets of Encouragement, and for the next few days, I would like to share some life-changing affirmations with you as encouragement.

The power of positive affirmations is well established in how they help us rewire our neural pathways and create new behaviours for ourselves. However, I've seen how affirmations have been used incorrectly and therefore produce no impact in a person's life.

Merely repeating a statement is not going to bring about change in your life, and neither is using other people's affirmations going to work. How I like to use positive affirmations is to connect to the truth of the statement and see how that resonates with my life.

When I feel an emotional connection to the affirmation, then I will use it. I ask myself questions and evaluate how I need to change my behaviour. Often this will highlight an area of improvement for me or an area that I need to pay more attention to in my life.

Here's today's affirmation to encourage you. Hopefully, it will resonate in your life.

I give what I want to receive.

Have you ever experienced a lack in your life and felt that it would never disperse and you were doomed to live that way? Perhaps the deficiency has been in the area of your health, finances, or relationship. Maybe you've felt a lack in your career, social life or family life.

One way to use this affirmation is to ask yourself, "What am I not giving?"

I always focus this at myself first. Therefore I will ask myself, "What am I not giving myself in my body?" "What am I not giving myself in my relationship?" "What am I not giving myself in my finances?"

Over the years, I've learned to shut up and await the answer. Sometimes the answer to my questions are off drinking rum on a tropical island somewhere, or they're often patiently right with me expecting my question. I've learnt that as I avail myself to receiving answers, they will come to me.



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Frequently we live in disappointment, feeling as though nobody cares for us or understands our needs, but often we're not giving what we desire to the world, so how can we expect the world to reciprocate?

As I shared with you on [day 120](#), disappointment is a powerful tool to help us understand our emotional landscape. If we are willing to look at how disappointment is present in our lives, it can lead to some compelling answers to our questions.

We always need to first **give** to ourselves that which we want to receive and then give to others. We cannot expect to receive peace, love, joy, friendship, encouragement, loyalty, respect etc. if we're not practising this within and sharing with the world.

For example, I am not specific in what I give to others, but I live from a place of showing up as my best self each day. I still need to master this practice, and honestly, I don't always give my best to others, and this is always reflected immediately back at me. However, the more intentional I am in my actions, and the more present I am in each moment, I can give of my best unlike on days when I pass through the world like a bulldozer.

Additionally another great benchmark to use in our giving is to ask ourselves how we want to feel in any given situation. I don't know about you, but I love being around happy people, or those who are in love or celebrating life. Their energy is contagious, and it raises my energetic vibration, and I've found this is infectious for those with whom I come into contact.

When I choose to feel great within myself I automatically help those around me to feel great within themselves. Instead of focusing on what we want to receive, we can focus on how we want to feel and how we'd like those around us to feel. I don't know about you, but I'd rather be a bringer of joy any day as opposed to a pill of misery.

What do you say darling, will you join me in giving what you want to receive to the world? Perhaps we will have a profound impact on the lives of those around us as we practice this.

