

## ♥ Snippets of Encouragement #333

Hello darlings

It is day 333 of Snippets of Encouragement, and today I'd like to know, do you allow yourself to say yes to life?

This may seem like a strange question, but many years ago, I realised I wasn't always saying yes to life or opening my mind to the many possibilities that life has to offer me.

I've realised that I am not alone in this behaviour and often we allow our fears to dictate what we will and won't experience in life. We develop a closed mindset and remain rooted in old thinking and belief patterns that keep us in a holding pattern of rejecting life's many blessings.

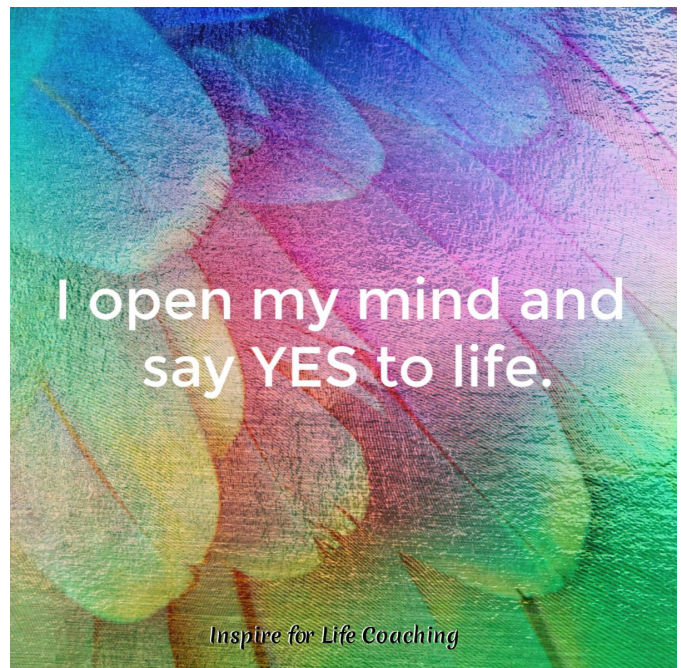
Now don't get me wrong, we aren't like two-year-olds walking around saying no, no, no to our life experiences. We have become more sophisticated in how we reject or neglect to say yes to life.

Frequently we have desires within our hearts, and when they appear in our life, we don't always embrace what we've manifest. People say they're looking for love and when it shows up, they don't believe they're worthy, or attractive enough or doubt the other person's intentions.

We desire better health, and when possibilities to exercise or start a new eating regime present themselves, we make excuses as to why we can't do them. Oh, you know, organic foods are expensive, or we don't have time to go shopping at those particular stores, or people in the gym look so self-involved and pretentious.

Perhaps you've been miserable in your job and fantasise of running away or working where people value your worth and contribution. When a head hunter approaches you, or you see an appealing ad in the newspaper for a new opportunity you doubt your capabilities, convince yourself that you're not qualified, or decide that job is not for you.

We say no to life in so many small ways. Refusing to try new food, meet new people, visit different places are all ways in which we say no to life. Yes, we may convince ourselves that we have an irritable bowel or aren't interested in a particular culture or place, but are we not perhaps blocking ourselves to experiencing life more fully?



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I'm not suggesting that we run around and start saying yes to everything as Jim Carrey's character in Yes Man did. We are not puppets on a string with no discernment or life wisdom.

However, we need to ask ourselves if we're stuck in a rut or habitual behaviours and mindsets that have limited our life experience. Is it possible that life is inviting us to experience a whole new level of joy and happiness?

I've found that when I lack curiosity or motivation, this is a sure sign that I've closed my mind and am not saying yes to life.

That's what I love about little kids, they're curious about everything and want to try out all new opportunities. They're continually pointing and asking and running and trying and we adults run behind them often scared of what they'll do next or exhausted by all the questions.

However, life is a grand adventure for them, and they want to experience everything! When was the last time your life was a grand adventure, and you wanted to embrace it all?

I love the affirmation –

**I open my mind and say YES to life.**

When I find that my curiosity is dormant or my motivation is gone, I ask myself how have I closed my mind and where am I not saying yes to life. Sometimes the answers are astounding because I see that I've isolated myself or developed a negative attitude.

As everything is choice, I can continue in this way or I can embrace the invitation that life has given me to LIVE. It seems like a no brainer to leap at the opportunity to live with arms wide open, but, the reality is, many times we choose to stand with our arms folded facing the corner, and then we wonder why our lives are so miserable. Only we can change this, no one else.

Darling, be encouraged today to open your mind and say yes to life it's waiting to be lived fully through you and me.

