

## ♥ Snippets of Encouragement #335

Hello darlings

It is day 335 of Snippets of Encouragement, and today's snippet is about one of my favourite things – to travel the world.

I am currently in Los Angeles and spent a day to travel here this past week. I love to travel and am a bit of a nomad at heart, so travelling lights me up within. This is true for many people and years ago when I read [Bruce Chatwin's](#) book [The Songlines](#); I learned that humanity is essentially a nomadic tribe who was born to travel but has chosen instead to settle.

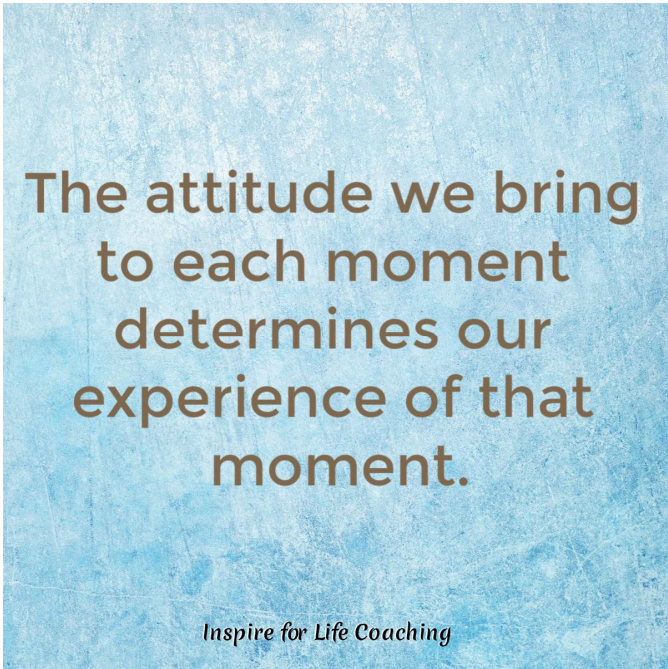
Travelling to the US, I was awake for 26 hours straight and eventually collapsed into bed and fell instantly asleep. Less than two hours later I was wide awake thinking it was morning and ready to start my day, it was midnight.

I kept waking up every hour feeling fresh and ready to go and eventually at 4 am alighted from my bed and started my day. My friend Sylvia, with whom I'm staying, is also an early riser, so she took me for a 5 km walk around her neighbourhood. Returning home, she had to run ahead for the bathroom, and I continued at my steady pace and was greeted by a friendly man standing outside his house drinking coffee.

The two of us had one of those lovely rambling conversations, and before I knew it, a car pulled up next to us with my friend Roy looking for me, because Sylvia thought I had lost my way. As it so happens Roy and Mike knew one another, so we all chatted some more and eventually I continued to walk back as Roy drove. Along the way, I passed many friendly joggers and dog owners who engaged me in conversation, all of which made my heart smile.

I was reminded again about how travel is such a great teacher in our lives. If we're willing to embrace the unknown and to explore what's around us, our lives are enriched in innumerable ways.

However, this made me realise that sometimes, I don't have a traveller's openhearted mentality where I live. I don't think I'm alone in this behaviour, because often we become bogged down by the burdens of life and don't engage with the world in the same way as we may do when we travel.



The attitude we bring  
to each moment  
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experience of that  
moment.

*Inspire for Life Coaching*



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We also become blind to the world in which we live. We are creatures of habit and often overlook what's right before our eyes. Life becomes mundane and routine, and we take it for granted, often missing the wonder in simplicity.

Bruce Chatwin said, "The real home of man is not his house but the road. Life itself is a travel that has to be done by foot." It's unlikely that we will all begin to travel by foot, but for me, this speaks more to my mindset as I move through the world rather than how I travel the road.

The process of walking slows us down, our senses are more engaged, and we're more likely to see, hear, feel, smell and touch much more than if we're travelling in another way. When we travel the world at a slower pace, we also create more opportunities to connect. However, we have to be willing to make that connection to life and one another. It saddens me sometimes that I become caught up in my own importance and fail to notice life unfolding around me.

As I travelled to LA, I observed my fellow travellers speaking different languages, wearing different clothes and moving in different directions, and I was struck again by the beauty of diversity and how we each have so much to offer the world.

An airport is a microcosm of how life is. There are numerous destinations and countless ways in which to reach them. Not every person is going in the same direction and not every person is travelling in the same class. Some are rushed and mindless as they go, and others have copious amounts of time and attention and like to explore.

Some love the experience while others hate it. Some bring a shit attitude to their experience and others travel with a sense of fun and adventure. No two people in the airport or associated services have precisely the same experience as the other, and each is fully responsible for their experience.

Darling, I love to travel; therefore, I want to encourage you to travel the world and experience all you can with open-hearted wonder and joy. However, this might not light you up in the same way it does me. That is irrelevant as in our daily lives we can live with open-hearted wonder and joy without even leaving our screens.

The attitude we bring to each moment determines our experience of that moment. Let's not be like the Christmas Grinch wilfully ruining our lives when the option to grow and expand, and live and love fully is ours for the making.

