

## ♥ Snippets of Encouragement #339

Hello darlings

It is day 339 of Snippets of Encouragement, and I'd like to share an amusing story with you that my friends told me as we drove back from Mexico this past weekend.

I've seen some online videos in recent times of Californians shouting at Spanish speaking Americans to stop speaking Spanish and to go back to where they come from. Of course, this is blatant ignorance and racism, but as we drove, I asked my friend if people are so unaware of how deeply entrenched Mexican, Hispanic and Spanish cultures are in the fabric of Californian life.

To answer my question, they shared this story with me. A few years ago a friend of theirs was driving home from northern California with her mom when her mother said, "Oh look darling this is the place I was going to name you after – Connie Jo." Their friend had one of those eye-popping moments and said, "Well actually mom, that name is not Connie Jo but Conejo. You would have called me rabbit!"

As you can imagine, this story cracked me up, but it also highlighted for me once again the ignorance of racism. However, this snippet is not about ignorance or racism; it's about speaking the language of love.

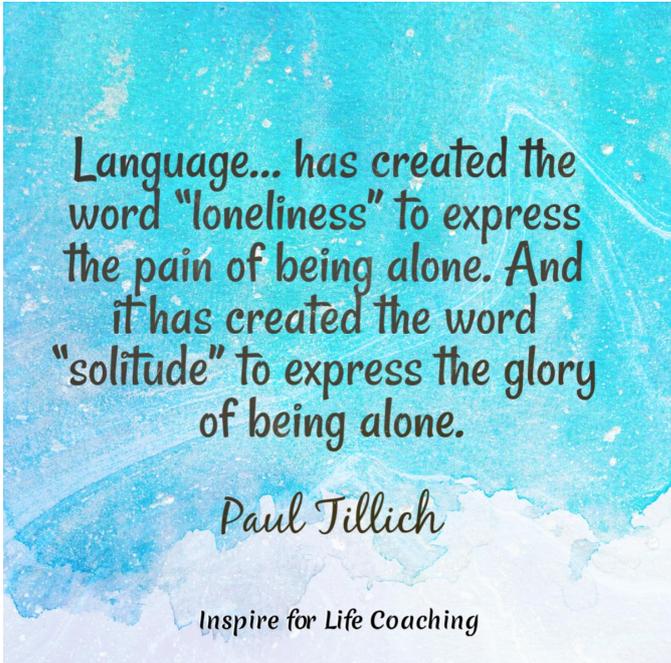
When I say use the language of love I'm not talking about the love languages that I shared with you on [day 274](#). I mean to speak with intent, to be conscious in what you say, understanding and meaning what you say and bringing love to everything you say.

OMG, that sounds hectic and while it's something I strive for it's not something I've yet mastered, however I know to master the language of love will make my life experience fuller and more abundant.

Now that I'm in the US, not everyone can understand my beautiful dulcet tones. There is the usual confusion around tomato and tomAto and alu-min-um and al-umin-ium, but when I found myself saying avocado a few times and drew a blank I started thinking, what the hell?!

It is so easy for us to misunderstand one another even when we're speaking the same language, now imagine how much higher the stakes are when we don't have a common language understanding.

Language and the ability to reason is what separates us from the animal kingdom, and yet sometimes we behave worse than animals with what we say to ourselves and one another.



Language... has created the word "loneliness" to express the pain of being alone. And it has created the word "solitude" to express the glory of being alone.

*Paul Tillich*

*Inspire for Life Coaching*



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We each speak thousands of words a day; some pour forth from our mouths like a torrent of wastewater while others are spoken with both the intent to create life or death and yet many of us are not aware of this power.

The question I often have when I listen to myself or others speak is: "Do you know what you're saying, what impact will your words have, and what consequences they will create?" Often the answer is no because we are not choosing our words carefully to create intentional results. Or perhaps when we want to create a Connie Jo, in our ignorance, we release a Conejo into the world.

There are times when we desperately want to be heard and understood by others, but there are so many barriers to that happening. We get into arguments and fights with others arguing our point, seeking the upper hand, demanding to be right and yet all of these strategies have the opposite effect.

The paradox of life and language is captured best by Paul Tillich when he said, "Language... has created the word "loneliness" to express the pain of being alone. And it has created the word "solitude" to express the glory of being alone."

I've found that the language of love and hate reside side-by-side almost like keys on a piano. We're in constant communication with one another - verbally, non-verbally and energetically. Whether we have loving or hateful conversations in our hearts and minds with others, it's as powerful as if we were speaking them aloud. Everything is energy, and the energy of our thoughts go into a situation and have an impact even if we're not physically present with the people concerned.

The fact is we all act in ignorance at times, and we cause offence with our words even unintentionally. However, as we become more conscious in our daily lives and live with intent, we can speak the language of love powerfully into every situation.

When we choose to wish the best for others, regardless of whom they may be, we automatically begin to create the best for ourselves. The language of love is always speaking life into every situation; it's always raising others up; it always wants the best for others even our enemies. The language of love says that you may have hurt me, you may have disappointed me, you may let me down, but although I've seen the worst in you, I wish only the very best for you.

Learning to speak love is not easy, but as with every new language skill we need to practice it regularly, try it out on more proficient speakers and mustn't be afraid to speak even when we feel insecure.

Darling don't be afraid to have long conversations in love, what's the worst that could happen?

