

♥ Snippets of Encouragement #343

Hello darlings

It is day 343 of Snippets of Encouragement, and this past week I had the joy of spending time in Venice Beach exploring the neighbourhood and crossing all the bridges.

If you're unfamiliar with [Venice Beach](#), it was developed in the early part of the 20th century to model Venice, Italy. The developer dug canals to drain the marshlands as he established the area as a residential and business centre near Santa Monica.

Today this area of Los Angeles has a chic, bohemian spirit to it housing many great eateries and a vibrant artist community. Many of the former canals have been removed to create roads, but those that still exist are part of a gorgeous residential enclave containing beautiful bridges and residences that are a delight to explore.

It was great fun to walk amongst all the canals, viewing all the different bridges, homes and people. Just as all the bridges differ in style, so too do the houses and the tourists who come from all over the world to view them.

There's a brilliant quote from Mehmet Murat ildan who said, "Bridges are happy, because they do not judge those who come to them." Isn't that the truth!

I thought of all the bridges I've built and crossed in my life and realised that every action I take is a bridge to the next step I need to take in my life.

What do I mean by that you may wonder? Well, life is a journey that consists of a series of actions that move us forward from one point to another in our life's evolution.

If you think of our formative years as a baby, the bridges we would have constructed and crossed would be sitting, crawling, walking. These are all little bridges to move us forward into mobility and independence. The actions, or bridges, we take or cross are neutral; they are without intent or emotion; we the taker of action are the ones who assign value or purpose to our efforts.

Think of all the actions you take daily – walking, talking, eating, bathing etc. those actions are all without value or meaning until you give them meaning or value. If you're walking as an observer and watching yourself as you walk it will be a relatively neutral experience if you decide you hate or love walking, your experience of that action will either improve or decline radically. Walking in itself is neutral, but you're not.

We can make our actions – or bridges – as simple or complicated as we choose. If you think of a bridge, it can be a plank of wood laid over a hole, or it can be as complex and beautiful as the Sydney Harbour Bridge or the Ponte Vecchio.

One of my favourite affirmations to use is:



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I cross all bridges with joy and ease.

Every action creates a manifestation which is dependent on the intent we set when taking that action. It is entirely within our power to create our lives with joy and ease; however, we often forget this fact becoming entangled in the daily cares of life.



If we look at the metaphorical bridges in our lives, we will see that they're happy to meet us. Without us walking, talking, loving, eating, sleeping would have little character, but because we bring intent to everything we do in life, we bring the spark to all the bridges we create and cross in life.

Of course, we can also bring the drama, fear, anxiety, and every other known human emotion, the choice is always ours. The actions we take – or the bridges we cross are not our enemies or nemesis; they are simply actions, however how we walk over

our life's bridges is always entirely within our control.

Even in the most challenging and trying moments of our lives, we can choose to cross our bridges with joy and ease. I'd be the first to admit how difficult this is and yet when we remember that the action we're taking is neutral and that we're the magic spark, this creates a whole new dimension for how we take action in our lives.

Darling I know I may have waffled on here a bit, but I hope you're still with me. Be encouraged not to overcomplicate your life and be full of fear and anxiety. Joy and ease is always a choice that's waiting for us to choose it. Let's set the intention to cross our bridges with joy and ease and see how our lives improve each time we do.

