



# Mind-Body-Soul

WARNING! This article will be a little too intense for some of you. Your fears may want you to shy away from the responsibility and tell you to ignore it. But I tell you, once you overcome those fears, you can REALLY make great things in life happen for you . . . this is one of the simple secrets of life! So take my advice and just explore the possibilities for now, taking, leaving, or putting thoughts in the back of your mind for later. Go with what sounds comfortable to your heart. Keep an eye on your mind and what it pulls up, based on your fears, and let the feelings in your heart calm them enough to be brave and read on.

Some that have followed my life over the last few years have made comments like, “Are you independently wealthy, or what?” “You’re so fortunate!” “Oh, some day, I hope I can do that!” It’s ironic, because I used to keep myself from a lot of wonderful, easy, fun things in life because I didn’t think I was lucky or important enough to have all those things. I always thought an easy, abundant life was for other people, not for me. Honestly, once I quit that thinking and saw the truth that each of us IS important AND special AND deserving of all life’s treasures, I REALLY STARTED LIVING!

One of the things I came to realize is the MIND-BODY-SOUL connection. Sure, we’ve all heard of this and usually brush it off, but just accepting this thought can launch some really wonderful things in your life, so I’m going to do my best to summarize my thoughts on this. One of the first things I will say is that when life gets busy and a part of us is tired, WE ALL forget about the rest of our being...ALL OF US, no matter how trained or aware we are! We are only human. We do human things. Never, ever, ever fault yourself for being human! You are here and human for a really important reason!

Back to how we’re put together now . . . we all accept that we have a body. It reminds us, all the time with the aches and pains mostly, but don’t forget it often feels very good, too. (Don’t focus on the bad!) We all accept that we have a mind. It usually runs our life into chaos, over-thinking about the past or the future and letting our emotions run wild. Again, we tend to acknowledge it most when it’s out of control, but again, realize it is trying to keep us in check and help us survive. The problem with these two, is they tend to work independently and not consider all the help the rest of your being could bring. Examples: When your body isn’t healthy, your mind could help it control what it eats and arrange a schedule that would help you get some exercise. Then the body’s condition could help the mind feel better about yourself, so that you’d have more courage to do what you want in life.

So even just allowing those two to work together gets you so much farther ahead. You can make common-sense decisions from the mind to take better care of your body, and let your body tell your mind what it needs and listen to it. Wouldn’t that be easier? Even so, the two of them are only a very small part of the power you really have. The main source of your power as a human being is the third part of you: Your Soul. Remember, these are all parts that are CONNECTED. Trying to work without one part of you will make things quite difficult and random, even high-risk. So how’s your life been, so far?

If you want better, if you get the feeling there is more to life, then please pay attention, no matter what your habitual fears tell you now. If you want to change something, you have to allow the change! Again, you get to decide what you want to believe now, later, or not at all, but why throw away something that will make your life so much better? Does that make sense in your mind? Remember, your mind is probably trained for past survival only, not to listen to your heart, so some retraining will likely be necessary. Be patient and reassure your mind this will only help you and that exploring all of this cannot do any harm to any part of you!

The soul. . . The SOUL . . . ah, the reason you exist, the reason you are here! Regardless of your beliefs, it’s pretty hard to deny that there’s a “knowing” within you that is pretty sure something about you existed before you were born and will continue on after you die. There’s something in you that feels a strong connection to certain people (even strangers

sometimes), even though you can't explain why. There's something in you that drives you towards your preferences and makes you feel bliss, just by seeing, hearing, or thinking about it. I believe this is by far, the strongest part of us.

Again, everything's connected. These three main parts of you cannot operate apart from the rest, so when one part needs something, it will use the other two parts to get your attention. A hurting body does crazy things to the mind, which struggles with fatigue just as much as a tired body. When these two are just trying to survive, the desires of the soul are all but forgotten, all the time. But guess what? The soul is the strongest, and it will do whatever it can to get your attention pointed back to the reason you exist! So all kinds of things can happen. Either you pay attention to your body and work to keep your mind in a good place, or your soul will do whatever it takes to make that happen. You can choose to let all parts of you drop to their knees as you ignore the longings of your heart, and let tragedies of the body or in your life force you to stop. It can force you to re-center and take a good look at your life and what you're doing! This is what I call, "Learning the hard way."

We CAN learn the easy way—life doesn't have to kick our butt to get us to pay attention to our soul! And no matter where your life is now, YOU can change it instantly, if you're totally on board! Trust me, learning the easy way that you, and only you, are completely responsible for yourself and your life, is so much better than making life teach you the hard way! It's not punishment, it's just doing whatever it takes to get you moving on the path that your soul came here to take, that's all! So how do we do that?

Well, there are millions of ideas in lectures and writing from all the happy people that have gone before us, eager to share their awareness in order to help people find it, sooner. It truly is the secret to life and to more true happiness than you can imagine. And as you allow life to bring you the things you have come to realize brings you lasting peace and fulfillment, it all just falls into place. The more effort you put into your soul, the easier it is for your life to just click, on all sides! If you ignore the longings of your soul, it harms the rest of you, causing your body to fail and cry out to you for help. Mentally, you will be exhausted, confused, lost, and never feel "right" because it knows your soul is not being heard. I often say, listen to your heart because I feel like when you remove the thinking with your scattered brain, that's when you can hear your soul. It will tell you and guide you to your bliss. Your job as a human being is to allow it.

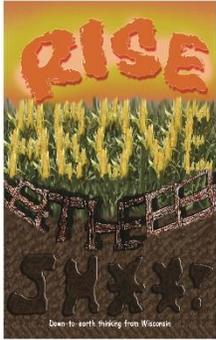
And here's where the common sense in my mind kicks in: Does it make sense to live my life using only a small portion of who I am? If we listen to our heart/soul and follow it, we can leave this life with no regrets and feel ready for whatever comes next. Hey, it's okay to acknowledge that we are going to die someday, likely at a time we do not know. Maybe it will remind us to live with ALL PARTS of our being!

So whatever it is, whatever makes your heart feel peace and deep happiness, go towards that, bit by bit or full throttle. Acknowledge your soul and allow it to work with your mind and body, not against them! You will feel the pain (literally!) if you don't listen to your soul. Life will be a struggle because you are going against your very being . . . your very self. Take it from someone that needed to learn some things the hard way! Life is a breeze, full of wonderful surprises and more fun and peace than you can ever imagine, when you respect ALL parts of you and allow them to work together. Look for the lessons, look for those things in you that you didn't know about before. GO WITH IT, not against it! Enjoy the miracles waiting for you as you do so, and enjoy as you automatically make the world a better place! ~*Mary Anne*

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