

## 2020: The World Gets a Time-Out



Nothing is random or by accident. NOTHING. Like it or not, that's how it works, People. Behind everything is something greater trying to happen. Behind every person, every incident, every feeling is something calling you to look deeper. Look deeper beyond the physical evidence; look deeper beyond the insignificant details. When you do, it ALL makes sense. I have kept quiet for the first couple of months of the Virus Chaos, observing all the amazing

behaviors coming out of it. I come from a place of not judging it, but of learning more about myself and trusting what I know about all of it. Everything shows you something more about yourself, after all . . .

You see, chaos can only erupt when we forget the most important detail: You are part-and a critical part-of a bigger thing (the world), and so every thought, every feeling, everything you do truly impacts the rest of the world. When something isn't quite as we like it, we only have one thing to blame: Ourselves as individuals and as part of the greater thing called LIFE. So who do we blame? You. Me. All of us. Sure, many use the situation to get what they want, but the reason this had to come about is because of what we're ALL doing.

You see, when we ignore our responsibility to a greater part of ourselves—pretending we are only a physical thing and forgetting we have a divine, non-physical side—something has to try to get our attention! I know many people get in accidents or fall to illness because they are not taking the time to SLOW DOWN! Some require this to SLOW DOWN (I have in the past, I'm sad to say). All of this is a higher power telling the world to SLOW DOWN. Why? So we STOP some of the destructive things we are doing. So we remember what and who we are. Tell me, do YOU take the time every day to work towards your soul's mission in this life, or are you too busy drudging through life most days, not even sure why you do what you do? (Often hating it, even!)

Drudging—slowly killing ourselves and our planet—goes against all the joy trying to come out of your heart and soul. Most of us are moving in the opposite direction of the highest good, for both ourselves and the entire world (it's the same thing, truly—yes, you ARE that important . . . you are a necessary part of the WHOLE THING, or you wouldn't be here and you wouldn't be here now!) Do you really think that whatever created the intertwined design of the entire Universe, the ecosystem, the food chain, what's in and below the earth, the tiny, tiny details of the human body and all living things, puts ANYTHING here by ACCIDENT? REALLY?!

So the way you are made is by design—beyond what we can know or comprehend. But what we DO KNOW, and HAVE SCIENTIFICALLY PROVEN AND DOCUMENTED, OVER AND OVER AGAIN, is that the body is designed to heal, regenerate, re-grow, and otherwise recover from ANYTHING thrown at it. Including cancer, including viruses, for Pete's Sake! The key? Do what's for the greater good as much as possible. This means following your purpose for being here, listening to the inner guidance and truth in your heart and soul (above all the other worldly chaos and fears!), and taking care of yourself in every way no matter what. Taking care of you automatically gives others what they need the most—especially a more energetic, clear-headed, happy you!

So you can fall into the fears and the small details of all the conspiracies and blaming and shaming and going along with all the negative, destructive, non-human behavior and add to the mess. You can be a zombie, a

robot, a downward spiral adding to the storm and THINK you're distracting away from being responsible for yourself. You THINK the crowd accepts you for going along with the crowd, but if you don't think much of yourself, neither can others. Push the responsibility away all you like, but all you're doing is prolonging the time-out. The very necessary time-out required until more human beings start acting like human beings, in every way. That's the only way to get the WHOLE back in balance.

I will be honest, I'm relieved for this slowdown. Many of us have felt it coming for a long, long time, like a dam building up and ready to break. I'm grateful we have an easy opportunity to start using our own inner guidance again; to remember why we are in this life and what we want to do with it before we die. What can you do to make this a better planet right now? Any little thing that brings pure joy to your heart radiates OUT TO ALL, IMMEDIATELY! Changing a thought, an action, a belief more towards the REAL YOU, the HAPPY YOU is all that is required! Listen, Listen, Listen to what's in your heart—below your neck—GO WITH THAT and you HELP THE WORLD! Yes, it's that easy, so there's just no excuse . . .

Until more of us do this, the world WILL be on a time-out, trust me . . . it has to try to force the greater good, somehow. IF we DON'T get it with this subtle opportunity, it will have to come in harder next time, but that shouldn't be the reason you change. Never change out of fear. Change out of love and respect for yourself, which is the same as love and respect for our world—it's all ONE LIVING THING. Let's take care of it, during this time-out to slow down and get back to who we REALLY ARE. Lots of love and you will love it, I promise. Let's change 2020 into a "Clear Vision" Year instead, shall we?

~Mary Anne

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