

“ WHAT PEOPLE SAY AND HOW THEY ACT ARE TWO DIFFERENT THINGS. LEARN TO TRUST YOUR INNER VOICE, CAUSE IT NEVER LIES. ”

Let It All GO!

I woke up this morning, looked outside and thanked God for another beautiful day, and for grace and gratitude. I realize lately more than ever, that asking and thanking God for these two things keeps life flowing the way I like! Even when it doesn't seem to be going the way "I like . . . "

That's how I know I need to keep working on releasing everything I hold onto that does not serve my highest good. Why? Because my goal of wanting to love everyone unconditionally cannot be, if I do not love myself unconditionally first. If I have anything stuffed down within me, it's because I don't like that aspect or feeling, meaning I don't like me. I must address it, embrace it, in order to be compassionate to all of mankind.

How do I know I've hidden something deep within? Because I struggle feeling the joy. Our natural state is to feel bliss, bliss and peace deep down, no matter what. We use so many excuses of being a victim of life to cover up all the things we have buried! We blame our misery on everything but the truth: That we're holding on to crap we should have long ago let go of, and it's those things that have us hating something about ourselves. You may think hate is a strong word that doesn't apply to you, but it has to be pretty bad when your own mind is in denial over it, doesn't it?

So we dance around it, most of our life, and use any excuse we can find, numbing our true emotions with distractions galore. We use way too much screen time, phones, TV, body neglect that leads to health issues, outside events, being overly busy, and addictions and escapes of all kinds **to justify never having to look at ourselves!**

Sound familiar? We all do it to an extent, so the first step is to admit you are human and that you are doing this. Sometimes just being aware of the specific behavior and asking yourself what feeling you are trying to avoid will release it for you, especially if you commit to doing better for yourself from now on. By the way, that automatically flows to everyone around you and they may notice a change in you for the better! And many times, the lies you believe are coming from someone else!

As you evolve and grow into more of who you feel in your heart you want to be, others that used the old you in some way may not like or want the new you. This is painful the first few times. Honestly, it's painful the first dozen times, or more! We feel betrayed and foolish for believing they actually loved us for who we are. Turns out, we just filled a "want" that they had, somehow. Fake or shallow "love" helps no one.

Also, when someone close to you believes a known liar over you (or without even asking you), let it be. Trust that this truth of who they are is being shown to you for your own good. Allow the changes in your relationship. It's likely that having a close relationship with them is keeping you from being your true self. It's possible it's holding you back in a big way. And truly, if it holds you back, it is keeping them from something that's best for them, too. Don't hold a grudge against the liar. Don't hold a grudge against the person you trusted. **HAVE FAITH** that it's what you needed for some reason that will become clear later, and change your relationship with both of them, perhaps even distancing yourself from them in some way.

Be grateful you know their true colors now. Don't look back . . . there's no point as what was, is no longer what is . . . if it was ever truly was that to begin with? Be grateful it's pushing you back onto your true path and let it and them GO.

Things, and even people we hold on to can be released in an instant, but some will take longer. Take the time today, past the first layers, because they are probably covering up something you feel is worse . . . something you never wanted to admit to yourself. But here's the thing: You're here to learn more about being a better human. No one knows how to do this, naturally. We learn as we go, so please don't avoid the buried feeling by hating yourself for having it! PLEASE! Stop the madness! Instead, commit to learning to love yourself, no matter what, just as you love and comfort and forgive someone you love dearly with all your heart. Be gentle and understanding with yourself and help yourself let go, because after all, **loving ALL includes YOU too!**

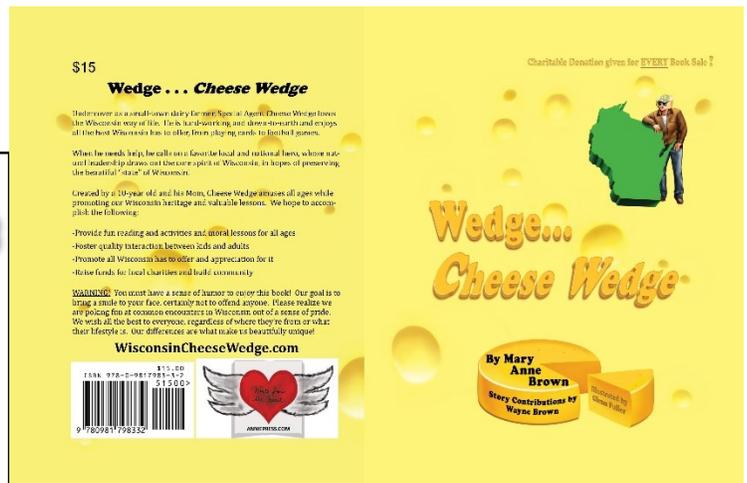
You **HAVE TO REMEMBER** that anything besides peace is not the inner-most and truest feeling! It's just a coating, covering up your truth! It's the mind's way of trying to protect you, but the mind alone just doesn't understand! To live the life you're here to live, you have to realize it's **SAFE NOW** to acknowledge the emotions and allow your healing. Just allow yourself to go through all the outside feelings, constantly asking yourself what it is you don't want to face or know about the truth inside your heart and soul (tell the mind's answers to step aside), and you will find yourself in the comfort, light, and peace of your very soul.

This is **ALL YOU**, so don't try to get advice from someone outside your heart that couldn't possibly understand. I love you for being brave and loving the world by loving yourself more each day. You are making the world a better place with every piece of true joy you find within you. Thank you, from the bottom of my heart!

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