

WHY AM I SO AFRAID OF MY SPIRITUALITY?

From the book, **RISE ABOVE THE SH**!** by Mary Anne, ©Annie Press

God = Good. God = Peace.

Why wouldn't you want that?

Why am I so afraid to explore God and spirituality? Is it because I will discover that I am the only one to blame? Am I so confused that I blame everything and everyone for the frustrations and discomforts and pain in my life, yet I do nothing to help myself pursue peace? It's so easy to blame someone else for things we're not happy about. I suppose it's human nature and a way of protecting myself from my own worst enemy...me.

Many of us blame God and use it as an excuse for not seeking Him out. How sad. Do yourself a favor and ponder this for just 5 minutes out of your busy life. The REAL TRUTH is that God loves each one of us so much that He created us to decide what we want to be and how we want our life to be. It's not up to Him. It's up to ME.

I'm not talking about the decision to "handle" whatever life gives me. I'm talking about ME being responsible for clearly defining what I want my life to be. For ME making my life what I want it to be.

I hammer on these basics throughout this book, over and over, but I'll do whatever it takes to remind me and possibly to get it through to you, that my clear definition and thoughts about my life MAKE IT what it IS. I'm sure God cries daily as He watches us think negatively and constantly cause ourselves unnecessary hardship and pain. He has tried to tell us, over and over, but most of us refuse to listen. We refuse to take responsibility for ourselves and then, blame it on Him or someone else. So unfair.

With God comes all things good, so why do we ignore that He's there? Why do we spend precious time idling on negative, worrisome, exhausting, self-defeating thoughts and activities? That time could be spent learning more about God and thus, learning more about ourselves. It would be so easy to take just a couple of hours a month away from doing something that will not improve your life to change things. We could watch a DVD, read, attend anything, or engage in any activity to further explore God and all the amazing things He wants to offer you. You could change your life. Please ponder this a little while longer. You could change your life.

It's all too easy to coast through life, muddled in fear of why we shouldn't pursue the truth about what God wants for each and every one of us. We don't even know what we fear or we would admit we can only benefit from pursuing God. He commands that each of us chooses

our own life; He only wants us to be happy. Blaming the rest of the world for our unhappiness only moves us farther from the truth.

The unbelievable thing is, the truth is at our fingertips, each and every moment of each and every day, yet we push it away for fear we might have to take responsibility for ourselves. But truly, isn't this the exact thing we all want—control over our lives? It's right here! It's always been right here!

There are endless ways to pursue God and His truth. He has blessed us with so much guidance. You can choose whatever you prefer. Movies, magazines, books, radio, internet, speakers, community gatherings, formal services, friends and family, seriously, whatever you prefer! Personally, I really enjoy movies or audio books written specifically by people that were inspired to share their life-changing events and guidance as they discovered the truth or the secret about how God allows us to create our own life. It leaves me with such a peaceful, uplifting, hopeful attitude that even strangers seem to seek me out. Imagine how this feels, to be without worry, fear, or negative thoughts, even for a little while. It's pure heaven!

The more you pursue or indulge, the longer and stronger the feeling. And as it was meant to be, as you feel this way, it spills over onto those around you, in some shape or form. As you give, you receive, most times in much greater magnitude than what you gave. All of this continues to build, strengthen, and lead you closer to peace, regardless of what may be happening around you.

This is the truth and it is waiting for each of us to embrace. The length of time it takes to acquire the truth is dependent on the effort put forth as again, God puts us in charge of our lives. If we turn away from opportunities to learn about it, the result can only be more time spent on things that will not improve our life. Fear and discomfort build, and we push the truth farther and farther away; we will never be truly happy without the truth.

The moment we realize that only we are to blame for our life, and only we dictate what we, and our life will be, we are reaching for the truth and will no longer fear getting to know more about how God only wants us to be happy. Remember, God's gift of free will puts us in charge of what we believe and what we want. If you choose to not really believe, you are ordering God and goodness to stay away from you. He cannot be in your life when you order Him to stay out. Remember, it's your deep-down feelings that control your life. Maybe, truly, you're on the fence and your fear keeps you from believing until you have some proof. That's fine, but have you asked for God to prove He's there, and really mean it? You have to really want it.

Review my "You are in Control" chapter to make sure your requests are clear and what you really want. Then, ask the angels to help you. Here's a simple prayer I learned when I was very young. If I could do it at 4 years old or so, you can too.

Angel of God, my guardian dear

To whom God's love commits me here

Ever this day (night) be at my side

To light and guard, to rule and guide.

Amen.

He cannot be in your life or help you in any way unless you ask. You are the boss of this. Reach for the truth. Reach for God. You have nothing to lose, and it WILL change your life. I challenge you to let God in and tell me He didn't change your life for the better!

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