



You ARE the Ultimate Gift

After feeling a little isolated the last few months, I seem to be a little more aware of social interactions occurring around me. It's been a very beautiful, blissful thing to be reminded how this world is such a wonderful place, when even just one person allows their genuine self to come out. Without exception, I've observed peace and happiness in everyone when someone is doing this, whether I'm at a party, a grocery store, or a funeral.

Beauty and bliss are the natural states of every living thing—the true essence, the true, whole being. Anything less is man, forgetting who they are at the heart/soul level because of their own delusions. Only then, does harm occur.

Take a look. Be that REAL person and watch for yourself. The magic happens all around you! If you're fearful and fooled that you have any reason to hide, at least look people in the eyes and join in when they are allowing true connection and truth to emerge. Someone will lead, if anyone cares enough to acknowledge that other people—and all people—are truly a gift, when they step out from behind anything hiding who they really are.

This is where joy exists. This is when you're content being where you are, no matter what is going on, and no matter who else is there. Even when you're alone, you find yourself smiling if you're letting the real truth—the thoughts of your heart—to be heard.

Why is this such a miracle? Be it a big crowd or just small, quiet glances, it all works the same. If one person shows their real, caring, human side even just a little, it allows others to feel safe to do the same. The uniqueness, the GIFT, that each of us was born with comes out, more powerful than strong arms wrapped around everyone, in an endearing bear hug! People around you feel appreciated that you value them enough to JUST BE REAL! Without thinking, their heart knows, even briefly, they can trust you. They feel you accept them for who they are, too. So without the interruptions of the mind games, fears, and wrong perceptions, we all allow ourselves to just BE REAL.

We may not even be aware of what we do next, or even that we wanted to do or say this or that, but even as our loving actions startle us, we know it just feels good. So don't stop it—don't hold back your gifts! Again, no matter where you are or what you're doing, small matters just as much as big! It's like when you go to a formal presentation or concert or something, and you feel elation as the entertainer is showing and sharing what they got. You feel entirely alive as they share their true self. You can have that same effect as you do whatever you do, every single day.

You can touch just as many people in the same, incredible way. All it requires is remembering that your uniqueness is YOUR GIFT, and you can only show that realness in you by letting your heart lead your actions as often as possible. Every day. All the time, if you can. You can't imagine the inconceivable joy that comes to you and to others if you do this! It's automatic, touching others and encouraging them to let their real stuff shine. Just because you do! Just pay attention, and you'll see! In a crowd, with a brave soul on stage, singing their heart out, for instance. Watch how people react. Watch how some can't hold back the dancing and expressing themselves, all because they are observing one person expressing a true part of themselves! Kind words to strangers or anyone around you does the same thing.

So whether it's an amazing act on stage or a quiet glance or smile, IT'S ALL THE SAME! I know we can't possibly understand how just being ourselves is the Ultimate Gift. That's only because we have such a long way to go in still learning how incredible we each are. We underestimate ourselves, the meaning in whatever we're doing at the

moment, our life's journey, and our very purpose for being here. The routines and habits we follow without any true thinking hide it well from our own view. Have a little faith in who you are! No one is short of amazing—NO ONE!

No one's life purpose is less than world-changing! I know for certain, not a single life is wasted. Even what we judge as "bad or tragic or unnecessary" always, always, always brings about a multitude of "good and for the better" changes! (Look for it! It's ALWAYS there!) We all have a unique set of gifts and a unique way to touch the world. All we have to do is let it out! Release it and be free and truly, we free a little part of the world as we do so, in ways we will probably never see. But pay attention and you will feel it or even observe it, possibly. That excitement or even just contentment in your heart . . . that's it! Even if you don't know why it's there, you feel it. It always feels good to share yourself—your one-of-a-kind-beautiful gift with the world, in any shape or form. YOU ARE THE GIFT!

Why don't we get this? How did we get in the habit of hiding ourselves so deep? I'm convinced we are actively deceived by our worst enemy . . . ourselves! Whatever the cause or fear, we traumatize ourselves over and over with the past or even fears of the future. It's so ridiculous! No matter what, WE STILL GET TO CHOOSE NOW! Regardless of anything else, we get to be our true selves immediately—we are free to do that, and that's all that matters! Stop hiding behind past events, labels, getting drunk or stoned, or waiting for ANYTHING!

No one benefits from that FAKE version of you, and you need to prove to yourself who you really are, without procrastination and destructive habits that keep YOU well-hidden from YOU. We need the genuine, un-drugged, unplugged, unmasked you, and so does YOUR LIFE'S PURPOSE! We all face death, eventually, so we WILL run out of time! Don't waste precious moments when you could get to know your real self again!

So DON'T FAKE ANYTHING! Don't zombie through your day. The flaws you THINK you have don't matter, THE PAST DOESN'T MATTER, people just want real. People can trust real and it allows them to be real. Somebody's gotta do it! People are a gift. YOU ARE A GIFT! I beg you to just remember that, as often as you can, and slowly but surely, you will learn more about that awesome person inside that heavy shell you are probably carrying around. Have a little faith in the perfect designs of a higher power, huh? It's all real, peeps! ~Mary Anne

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