

# The Waiting is the Hardest Part



What are YOU waiting for? More money? Retirement? That special someone? A break? The know-how or the capacity or the time to do something you want to do? For other people to do something? Seems like we're all waiting for something . . .

We think we need to wait until this or that or until it's perfect. We sit tight, just waiting for that day. Just don't get so used to waiting that you don't see "IT" when it starts to arrive. We sometimes get so in the habit of being/living one way, that we become stagnant. Life, energy, everything is supposed to MOVE, not stay still. Being still allows something to deteriorate, and we certainly don't want our life deteriorating, do we? I say it all the time. . . there is no neutral or no action. Even doing nothing chooses the opposite of going for whatever's being presented. SO, if something we've longed for starts to show up, even in a very subtle way and we do nothing different, there's no place for it to go but away!

Recognize it, appreciate it, and take action to welcome it, no matter how or when it comes. Our predefined "perfect way" may not be happening, but whatever is best is truly how it comes. We don't realize that NOT waiting anymore for everything to be perfect first will help us reach our "perfect." All we have to do is pay a little attention to it and accept it. TRUST that the way it's coming is more than you could have ever imagined, and especially if you didn't think you were fully prepared, let it come anyway; it is likely going to help you along the rest of the way. The very thing you thought you needed to get everything ready for is the one thing that will help you be ready for it! Allow it, learn with it, and GROW with it! (Moving forward is GOOD, remember? And growing is the opposite of deteriorating/dying!)

You probably won't know how to be, most likely, especially for the really, really big things in your life. That's okay—it's an adventure when you follow your heart and soul. All you have to do is let your innermost feelings and desires guide you, and you can't go wrong. (What's in your heart, not your head—this is crucial!) New is good. New is growth. New is EXCITING and what you've been waiting for, right? Be okay with the waiting being over! It's OKAY! It's a very, very good thing!

What's stopping you, anyway? Oh yea, our good 'ole made-up-monsters . . . FEAR! Realize fear doesn't come from your true self—from your heart and soul—it comes from things outside of your truth that just don't know any better. Your mind, the outside world, and outside beliefs that have been planted on you . . . but never from the truth of your soul. One of my biggest monsters has always been the "Fear of the Unknown." Bet you know this one, too. This is the one that somehow makes you insane enough to believe that being unhappy or uncomfortable is better than going for your dreams, JUST BECAUSE YOU KNOW WHAT TO EXPECT if you STAY in your misery. You must agree with me on this—it's utterly ridiculously unbelievable, yet most of us do it, and some of us do it all the time! God help us!

We yearn for change, we think we know what we'd rather have, yet when the opportunity or choice arrives, we send it away by turning away from it or ignoring it altogether! INSANITY!! My advice is to make friends with the fears, maybe even having a conversation between them (your head) and your truth (your heart/soul). Tell the fears and beliefs that you appreciate what they've done for you, but that you just don't want to live that way anymore, so you won't need them anymore. Even more importantly, let your truth tell your head what you DO want, like this, "No, I'm done waiting. I'm ready now to listen to my heart. I want happy and I deserve it. I will do it! My dreams are to be lived now—it's what life is for!"

But first and foremost, it's so important to be the happiest, most blissful person you can be so you are ready at all times with all of your true self, with the clear head and heart! Why? Because anything less BLOCKS or at least delays it from coming, or coming in its best form. Trust me on this, IT KEEPS IT FROM YOU! You've probably heard me and others say,

“You can only give to others what you first have yourself.” This includes your ability to love or being compassionate towards yourself. You can only give to someone else what you are willing to be towards yourself. So what are you willing to give yourself?

Free will demands that we get whatever we focus on, with the most passion. It seems to work the same way in receiving. You can only receive what you are WILLING to receive, and in fact, if you have worries, fears, and doubts, you are focused on the NOT HAVING, not being deserving, not believing, and your world must follow the direction of those strong emotions! Your desires and positive emotions towards what you want MUST BE STRONGER THAN ALL OF THIS! When they're not, it's apparent. You'll be sitting there, waiting forever! Maybe it'll show up, but it may not last, as it has to follow the doubts and disbeliefs and habits of your thinking, “it's too good to be true”, or “that it could never have come so easily.”

DECIDE TO BE HAPPY NOW...and when you do, it ACTIVATES what you've been waiting for, in the best way, for your highest good, even in extreme cases where it looks the opposite. **It is the trigger!** Allow yourself to be happy, and to REALLY feel happiness...whatever you need to think, wherever you need to go, whatever you need to do, to get that deep-down, all-in-the-moment, down-to-your-core HAPPY.

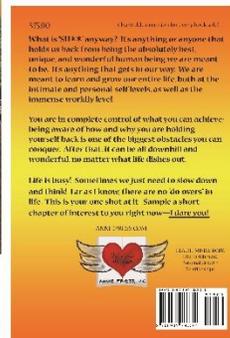
So do yourself a favor. Don't waste a precious second of the dream coming in (which it always is when you are truly happy), thinking about how it used to be or even too much about what will be down the road. It just doesn't matter! Bask in the awesome things you have NOW, no matter what it is, and even if you can't see your bliss in whatever you are doing right now. It's there, working for you, if you just let yourself see it. Keep your mind in tune with your heart, in enjoying the moments. Appreciate them, instead of looking back or even ahead, skipping right past them.

And one last thing: Take it easy on yourself if your old habits creep in. Just try to realize when it's happening and catch it sooner, each time. Beating yourself up isn't endorsed by your heart and love and respect of yourself, so realize it's just another mind game. See it, decide it's not how you are anymore, and keep moving forward! Have a ball letting your dreams come in. There is no limit, as you'll see! :) ~Mary Anne

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