

Survivor's Guilt



One of the new issues that may arise as you break through into new, awesome territories by healing your mind, body, or soul, is additional GUILT. Guilt about healing, when so many others struggle. I realize how ridiculous this sounds, but it's right up there in intensity with survivor's guilt. Please realize how

devastating guilt is to all; learn through it as quickly as possible for the sake of all!

Learn and change instead of pushing yourself backwards, or creating other agonies in life, just to fit in with the herd or carry someone else's stuff! You would not only violate yourself, but everyone else, with a move like that! So yes, even as you painfully listen to those close to you go on and on about an issue they watched you heal and thrive through, yet refuse to take anything you have to offer, you need to gracefully back away.

You see, no matter how many simple, perfect solutions we have for them, they retain the right to want it or not. Their free will controls the path they take, and we can't possibly know the path that will serve their soul's highest good. We can't possibly know, so how dare we interfere? Trust me, I know how painful this is to watch and feel helpless, holding exactly what we know will help them right before them on a silver platter with a spotlight on it! While we know the problem they are describing, we can't possibly know what their heart and soul need the most.

It could be they need to struggle, or even become critically ill to accomplish something their soul longs to learn. We have to remind our human side constantly, there IS divine work at hand, and when someone does not want our help, we have to respect that. The hard part is to not feel guilty or responsible with ourselves then, or worse, jump in to clean it all up and enable them to continue their struggle.

Impossible as it seems, it IS possible when we listen to the divine in ourselves too. It knows. God and our angels and all the divine assistants know, and they will support us if we just ask. There's always a lesson in learning more about your true, loving self too, make no mistake. So just a littler reminder that any self-critical thoughts you have are NOT the truth of who you are; the divine never speaks with fear or threats or shame or guilt. Your truth, your inner knowing, will only speak loving and encouraging thoughts to you, never ever the opposite. That's God talking to you and He never criticizes or judges, only loves! Anything else is NOT God, NOT the Divine, NOT your truth. Make no mistake, they are lower energies, lies, and wrong thoughts!

Above all, we need to respect everyone's soul path, and if they should ask for help, give them what is mutually-beneficial and balanced between you, so as to not enable them or self-violate yourself. Trust that this is always what is best for all! If they don't ask, you can leave them with saying, "Let me know if you ever want to know what helped me. It may give you something new to try."

Realize too, that some cannot find and will not look for their own light; they survive by taking light from others. This harms EVERYONE so much, so don't allow it! Back away quietly and love them from a safe distance. Allow them to figure things out on their own and screen messages from them. I have struggled with this for a very long time and have tried everything, trust me! When I finally surrendered it to God, asking Him to show me what to do with it, He provided clear messages to stay out of range and to never engage with

certain people, as no good will ever come of it! A poisonous snake will always be a snake, no matter how much we all want to change it. The snake is there for a higher purpose, one of which is to help me commit to my boundaries. We must have the dark to see light, right? No need to judge, just flow away from it!

Empaths, are you catching this? No matter who it is, no good can come from trying to take away another's energy, including emotions and physical conditions! It is a natural instinct, I know, but use great caution in keeping your own energy and respecting all others to keep theirs! Again, when asked, you can let them know what has helped you, but DO NOT HELP so much that they do not need to help themselves. There is great importance in allowing them to choose to fix things on their own. When we do take on things that make us feel out of sorts, face it, embrace it, appreciate it and send it off with love as soon as possible! Make this a daily practice, but more often when needed! Commit to minding your own energy to keep your light bright so that your journey is not delayed or derailed! Again, if you do not, not only will you get sucked in quickly by all the other lower energies you are allowing in, but you can do permanent damage to all . . . the harm is extensive, so do not downplay it or ignore it. It's not just you and the originator that will suffer, but all that you are meant to impact in a different way as well. It's an eternal domino effect. You are always affecting all!

I cover this in a little more detail in my book, **COMPLETE HEALING**. Just do your best to remember, compassion must be for the highest good . . . their highest good AND your highest good, at the same time. This often means not enabling them, not helping them, and simply not putting yourself in front of them, no matter who they are—family especially, as they are often there to teach you boundaries and self-love! Focus on what is best for you and it will be what is best for them too, even if you can't understand it all. Trust me on this . . . save yourself the hurtful years I have spent trying to learn enough self-love to remember this. Allow Divine Guidance to help you remember too. I wish you love and tons of new courage and clarity! ~Mary Anne

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