

ALONE IS NOT A BAD THING



Why do we associate being alone as a bad thing? Is it from childhood time-outs that we received or gave, and now we relate alone time as being “bad,” like no one wants to be around us? Time-outs aren’t to teach us no one likes us, yet I think that’s the part we remember. The purpose of a time-out is to get the offender to stop, be quiet, and think. Once we stop and think, we remember who we are and how we should behave. (Wish we could freely hand out time-outs to adults we see misbehaving!) So anyway, don’t misinterpret time-outs or time alone as thinking you’re bad and no one likes you; remember that **it’s just to help you stop and think**. We all need time to think.

It’s okay to be alone. No, not forever, since the whole reason we’re here is to interact with each other. But temporarily and routinely, alone is a good thing. Throughout our whole life, we experience separations from those we care about. Death, physical moves, divorce, and the like separate us permanently from someone we were very close to. Children growing up, temporary trips, and relationship changes can also seemingly take someone away that we care about. We don’t want to be left alone. Even with more minor separations, like job or other relationship changes, we feel a loss and possibly alone.

It’s okay. Alone is good. It’ll be okay. Alone allows you to breathe, to think, and to learn more who you are. When you find yourself alone, don’t drown yourself out with constant electronic device activity! Tune in to yourself! With all the noise and chaos sometimes, tuning into yourself is like finding that little radio station sandwiched in between the overpowering ones, but it’s the best station there is, so it’s worth the extra effort.

QUIET is GOOD. We all need quiet at some point each day to hear ourselves think. **THINK! Don’t be afraid to think!** It’s a very, very good thing. It’s a great thing! It’s the only thing that will lead you to peace. Peace is within, and you can’t possibly hear it with all the commotion you probably have going on. Life changes constantly. It attempts to prepare you to learn more about yourself and what is best for you. If you don’t let yourself go quiet, you can’t hear it. Quiet is good. Quiet is the key. Alone time is the easiest time to find quiet.

People don’t abandon you. People love you. We are all here to love each other. **The fullest love for others can only be achieved once we love ourselves.** The stronger our love for ourselves, the stronger we can love and assist others. We learn how to love ourselves during that quiet, alone time. So quiet is good. Alone has its purpose. Let the purpose come. Let the purpose grow you. It is time for you to grow. Realize this is why you are alone at times. Learn to allow the growth! Make good use of the alone time so that when people are in your life, you can best serve them and help them grow. I’ve packed thought after thought about why we and others behave the way we do and how to change it, in the book, **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin.** After that, when you’re ready for some divine help in your purpose, I highly recommend the book, **Angelspeake**, by Barbara Mark and Trudy Giswold.

New chapters in your life are constantly beginning, which simply means the chapter before it must end. This is neither good nor bad—it is simply just life moving forward as it needs to, to help you grow. Move forward. Grow. Do not sit at the end of a finished chapter. Move on to the next and embrace it. Learn. Grow. Love yourself and others. More chapters will come. More life will come. Do not be afraid. It is just life.

Just as life has chapter after chapter, so do you. Are you the same exact person you were 10 years ago? Even 5 years ago? Of course not! You are constantly growing, learning, and changing. Yes, you have some chapters about who you were behind you, but that is different from the current chapter about who you are now. The chapters about who you will be have not yet come. Again, don’t sit at the end of a finished chapter. Allow yourself to evolve as you naturally should and continue on to the next chapter. It’s all a very awesome adventure. Aren’t you excited to see who else you are and what else you are capable of? You will be amazed. You deserve that alone time to continue writing the chapters about who you are.

So your alone time is there to get to know yourself better. That way, when you're around others, you can give them the REAL YOU. That's all people truly want from each other. . . REAL. Who wouldn't want to know you? You are really something. You are astounding, and have gifts to offer that NO ONE ELSE HAS! Every single life has an incredible purpose that no one else can fulfill. If you think anything less of yourself, it's just because you don't really know yourself that well yet. It's okay. You'll learn. Take the quiet time to learn and grow so you can really share what you have with others, especially when you meet someone new. Be ready to show them the **REAL YOU!** **Keep learning about the real you—the adventure goes on, your whole life!**

P.S.-Even if you are not feeling separation at this time, don't you think it'd be a good idea to make some routine alone time for yourself, anyway? That is, unless you already know how incredible and amazing you are and realize you can accomplish absolutely anything. In that case, you may be well acquainted with the real you already :)

Have a blast getting to know you. You will be impressed!

~Mary Anne

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