

# Don't Stop Believin'



Sometimes we have to be brave. Sometimes we have to roll right by those big, scary monsters that come with change—even the small changes. Two things I know are inevitable. First, change WILL be constant in our lives and second, we are very often *our own worst enemy*. These two are linked tightly together. Here's the thing we need to remember: At all times, EVERYTHING, including you, is either growing (and changing) or dying, period. There truly is NO staying still unless it's dead; everything is always transforming. So I have learned what change truly is. It's a GOOD THING! Change is an opportunity for healing and for letting go of things that no longer help us. We need some help learning not to hurt ourselves. The monsters of the past like to show up with even the smallest of changes, usually. Hurt, anger, doubt, insecurity, even people and things we have tried to put behind us. They show up to challenge us—to taunt us—as if to say, “Remember me? Are you sure you are brave enough now to let me go?” Don't despair! Simply ask yourself constantly, “Is this helping me or my life?” If the answer is no, decide to let it go! Apply this to every thought, every action, every belief, every person, every memory, every habit, EVERY THING! Let it go so your arms have room to accept the good things coming to you! **You just can't carry both!**

Then the changes can come, to help us see we are capable of so much more, beyond what we could ever imagine! Every challenge in life comes to help us grow strong (whether we want to admit it or not) . . . that is, unless we refuse that gift and choose to keep our monsters of the past and the extra, unnecessary weight/wait that comes with them. We sometimes keep ourselves weak and confused with self-pity. Try to remember your best, that refusing the gift of change not only deprives you, but the rest of the world, right along with you!

Especially then, we need to ignore things that make the monsters bigger--like what we or others around us always thought. We need to break through any self-limiting beliefs that make us think we can't, or that we don't deserve it, or that life can't possibly allow it. Yes, it's that good and you can't deny it any more. You've waited and prayed and hoped and dreamed and now, it may be here, *very often in disguise as an uncomfortable change at first*. What better time to stop that nasty habit of looking for something wrong and a reason to bail—don't push it away by creating something that stops it, and don't run away from it! Here's what has helped me start accepting those good things that come along:

- ✓ Don't question it or take it lightly. APPRECIATE IT! THANK GOD or whatever higher power you believe in. FEEL THE JOY. ENJOY IT!!
- ✓ Don't think something bad has to balance it or that it has to end. Who ever started that crap, and why do we think that way and force it to end, ourselves?! Seriously, that's messed up!
- ✓ Don't think you don't deserve it; it tells the higher power you really are not ready for it! If you need to work on being a better person to feel worthy enough to accept it, then get on it!
- ✓ Know it is UNLIMITED! All good is limitless and never, ever takes away from someone else! There is more than enough for everyone. It's unlimited!!
- ✓ ACCEPT IT. Be brave! It is a precious gift. Never take it for granted or complain. Use it wisely.
- ✓ Don't worry about the past or the future—especially how long it will be there. Just enjoy!
- ✓ Have no expectations or attachments to any certain outcome or you may sabotage yourself again if what happens isn't what you expected. Be flexible and allow the different; it's new, that's all!

- ✓ Be patient and trusting and see where it takes you. You will likely take a path you never dreamed of and you will see it was perfect for you, much later on!

NOW, at any time, if things shift to what you know you don't want, don't run away scared from your monsters! Don't give up on yourself so fast, saying "See, I knew it wouldn't work!" Why do you want to give up on your life so fast anyway? Instead, look at your monsters and give them and yourself a hug and thank them, but tell them you are looking for the other options and possibilities that are coming up now. You realize they are doors that are trying to open for you, to help you grow and expand and explore your life.

If you want to argue with me now that nothing good ever comes along, I'm gonna be blunt with you and tell you, that's all on you. Nothing can come to you until you really want it, deep down inside yourself somewhere and then, only if you don't stop it! My first book, **RISE ABOVE THE SH\*\*! Down-to-earth thinking from Wisconsin** teaches how so many common things that hold us back in life can be removed, quickly, if you choose. I also explain further how to start getting what you want and living your dreams, but here's a quick starter for you . . . my daily prayer. (Notice there are no "wants" in this prayer because saying you want something always leaves you in that state—of wanting it and needing it, not HAVING it.) Here it is:

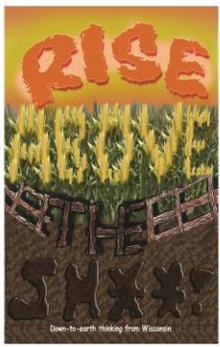
*"Thank you for the abundance in all parts of my life, of love, happiness, health, energy, time, money, opportunities, beautiful people, compassion, understanding . . . today I will do my best for my soul's highest good, which is also for the highest good of the world."* Add what you want, like for you AND your loved ones, and for specific things that worry you at the moment, just be sure you are truly grateful and trusting that what you want is ALREADY THERE for you, and you word it as such, never using "I want" or "I need!" Be happy you are alive and living your life! It really is already there, waiting for you to be ready! We just block it most of the time. The things I mentioned earlier build a wall between you and whatever is really supposed to be in your blissful life. Just thinking things like, "I can't," or "but not until...," or "it can't because..." or "if that hadn't happened..." YOU build the wall and KEEP IT FROM YOU with those things! I tell you for real, it is right on the other side of that wall you've built! So work on getting rid of the wall and just see what happens!

If you think life could be a little better, try it out! You know you have nothing to lose, except your close friend, Self-Sabotage. Don't worry, you'll see it around plenty in lots of other people around you and it'll be hard for

*"Raise \$1 million for charity while making the world a happier place!"*

—Mary Anne, Author  
RISE ABOVE THE SH\*\*!

you not to call it out when you recognize it! Be gentle with your friends; they may not understand right away, either. It takes some of us a while to catch on! Enjoy living the life you were born to live, NOW. No more excuses; let the good in! ~Mary Anne



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