



Help for THE APOCALYPSE

Darkness is just a place where no one is currently shining light, right? Any little bit of light banishes the darkness, immediately and completely. That's the power of love, and it truly does conquer all. When we judge ourselves and when we judge others, we are choosing to remove the light and to create darkness. With darkness, it's difficult for any of us to see things clearly, don't you agree?

The phrase, "The Human Race" defines a GROUP—a CONNECTION. Every human being is connected to every other human being. Think of it as a massive FAMILY UNIT. Think of how in most families, there are sibling rivalries, differences of opinions, different personalities, and just different ways of living and of doing things. (We may not even share the same political and religious views as our parents or brothers or sisters!) EVEN SO, deep down, we still LOVE the members of our family, no matter what, probably because we KNOW there is a BOND forever holding us together.

Here's another way to look at things. We are all God's creatures. He created us with a soul, and through it, we are eternally connected to Him and to every other soul there is. That soul shines a white light inside of all of us, whether we choose to acknowledge it or not, and regardless of how much we each allow it to shine, make no mistake, it is there, in EACH AND EVERY person. That light—that soul—is pure love, so in essence, love is all there truly is, and it's what makes us all ONE. Everything else is an illusion of our perception, usually created when there's not enough light shining on the truth. At the core of it all, we are all one with God, and one with each other.

Therefore, when love is allowed—when the light inside of us is shining or seen—it automatically benefits everyone. Likewise, when love is denied—when the light inside of us is hidden or overlooked—it automatically HARMS everyone. Again, with the mindset that we are ALL one, this includes us, in the benefit AND in the harm.

It's only fitting that ZOMBIES are the focus of The Apocalypse. We are Zombies, some days! Zombies have..."NO SOUL," "LACK THE ABILITY TO THINK FOR THEMSELVES," are... "EVIL," and "RESIDE IN DARK PLACES." Sound familiar?

If we can keep this in mind, with everyone we interact with, we look for the love and the truth before judging and harming everyone. We realize that everything negative that appears to be there, is only because no one is shining the light. It doesn't matter whose light it is...any light will make things more clear, and allow more love to reside. The easiest way to do this, is to allow our own light to shine as brightly as possible. We do this by allowing our true selves out, and that automatically happens when we follow the love in our hearts and think, do, and say what we feel warming our hearts. Our true selves realize we are unique and that uniqueness is critical to everyone else in the world. Unforgiveness of others and ourselves (intertwined with fear) causes us to HIDE our true selves...to HIDE our light...to HIDE LOVE. Our unwillingness to forgive can only exist when we ignore that little light that is truly present in every single soul...including ours.

Love yourself instantly by committing to allowing your light to grow. There is no limit to your light, and thus, no limit to love. As you allow your light to shine more brightly, it helps others see things more clearly too, and encourages them to allow their light to shine. Peace and fulfillment are inevitable. Envision the white, bright light growing so much that it consumes your whole body, and casts a bright ray on any shadows you come across. Can you feel everyone's joy and peace?

Think of the purest example of this light. . . a newborn baby. Even as the baby sleeps, he brings love and peace to anyone that gazes upon them. The baby has not been affected by the world yet, and does nothing to hide his light. He is radiant, even while asleep with no movement. We need to remember that this pure, loving being exists in each and every one of us, and with no less power than that of the newborn. It's only our hiding it that allows the darkness, where

none of us can see clearly. Fear and lack of forgiveness create an illusion and a darkness that covers our light and the lights of others...especially when something irritates us about others. Truly, what is irritating us is something about ourselves, or our lack of love for ourselves. It creates the darkest of the shadows and hides the truth from others, as well. We HAVE a choice to see our light...we truly are NOT zombies, if we allow ourselves to think and see!

So why not GROW our lights back to their real brightness level? Any negativity of the past cannot affect our present, unless we choose to NOT shine light, love, and the truth. One simple beam instantly dissolves the darkness and allows us to see clearly. **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin** provides TONS of quick ways to do this, through understanding others and ourselves more.

My interpretation of this "apocalypse" is that for those that CHOOSE TO SEE, it is the end of the Dark Era, which has nothing to do with the physical world or our physical bodies. It has to do with remembering there is a soul with light in everyone, and through it, they are forever connected to us. I look forward to more and more people accepting that God is the only source of true peace. We will realize there is more light, love, and awareness of truth than we could ever imagine, right here, inside of us, from our connection to God. More and more are choosing to shine their light, which illuminates the truth for all of us. The truth is, we can be as peaceful and as love-giving as a newborn baby...even more so, as we choose to grow the light beyond comprehension.

Unforgiveness causes us to create "enemies" and to try to punish others, but in reality, we punish ourselves the most. We hide the light when we don't forgive, and through it, punish ourselves with toxins, stress, and self-destructive behavior and negative relationships. Maybe we think if we punish ourselves, we can lessen our guilt? The guilt is only there because we are not acknowledging our light and the present moment. The present moment tells us that no matter what we or anyone DID in the PAST, it does not affect our current status and our current choices, unless we decide to punish ourselves more, unnecessarily...does that make any sense at all? Forgiving doesn't mean that you're taking the blame or accepting what happened...it simply means you value yourself and your life enough to leave it behind and not let it punish you now. The blame can go to one source: Light was not shining where it could have been. The reason is irrelevant. It's over and done. Let it be over and done! Come out of the "Dark Era!"

Think of the intense GLOW of realness we could create, all shining our lights, together. I am excited for "The Apocalypse!" I have hope for the survival of souls of my family...the whole human race.

~Mary Anne

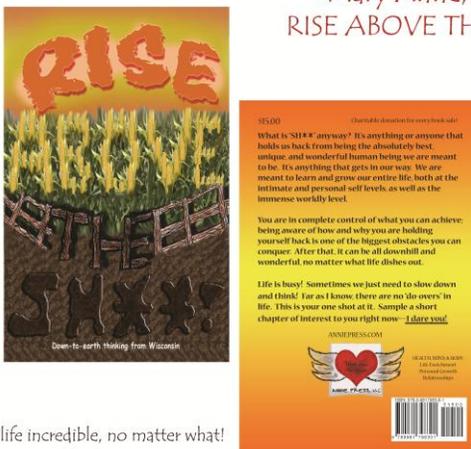
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