

BROKEN INSIDE.

How to Fix Your Life

This is so critical, but so basic, I don't even know where to begin! If life isn't quite perfect in your eyes somewhere, the fastest and most permanent way to "fix it" lies deep inside you!

Oh, but really not that deep, actually. You see, if anything not to your liking enters your life, the resolution is already presenting itself. It's already at the surface! All you need to do is acknowledge it now and work WITH it, not against it! Anytime you work against anything, you're actually working against yourself. Does that sound healthy or logical to you? No duh, so let me move on.

Anything and EVERYTHING is there to help you in some way. Do your best to look at everything with curiosity and clarity to realize the opportunity, instead of taking it personally and reacting negatively and you're already most of the way there! The more you do this, the easier and more natural it becomes, so never give up on yourself! The bigger the issue, the more painful or difficult the situation, the greater the need for attention and the greater the positive impact to you, as you address it. That said, look at smaller things on days you're feeling way too human, but bigger things on days you are feeling a little braver or fed up. Either one works, just give something the attention it deserves!

So, use this truthful perspective: No thing and no one is here to victimize you. On the contrary, there is a much more complicated goal being processed . . . it's actually presenting itself to bring attention to something you need to do for yourself. It's screaming for resolution. Unraveling exactly what this is can be anything from obvious (like time to get a new job or end a relationship) to oblivious (where you're clueless what it's trying to tell you) and honestly, anything in-between. If this sounds too complicated, you need to give yourself more credit and just stick with the investigation.

The good news is there's nothing saying you have to figure it all out on the first try, and you know what? It's probably more than one thing, anyway. But boy, if you are willing to dive down deep and get to the root of it, you will save yourself a lot of time, trouble, and agony! I've come to love getting straight to the hard stuff quickly, because I've seen the profound positive effect that just keeps on giving. It radiates beyond helping me and into those around me (as they are willing to change too) and it's nothing short of a miraculous thing!

Now, should you try to avoid or deny it, blame it on someone else, run from it, etc., I can guarantee it will come back another way to bite you, time and time again until you give it the long-awaited attention it deserves! Remember, running from anything, including escaping via any means, including drinking or food, busy-ness, screen time, or shopping, or on and on is running from YOURSELF! Don't you think the soul within you will eventually grow tired of your mistreatment? Seriously, when it's the only reason you're in this body and this life, you think it's just going to let you waste your life without giving all it's got? Sadly, sometimes it does GIVE all it's got . . . and so do people that love you, despite the falsities you feel about yourself. They can see through the things you try to hide behind or suppress (like low self worth). You usually feel great around them because you love who you are when you let your truth—your true self—out when you are around them. But they are human too, and obligated to do what's best for them, remember.

Okay, back to how simple this can be, if you'll allow it. With anything or anyone in your life, it's moving you towards being true to yourself—true to your heart and soul—in an effort to help you know what a loving person you are at your core. No matter what, it's trying to help you remember how loved you are. So you think you know who you are? Well, does the person you think you are struggle in any way? Do you feel like life could be better? That's because you're believing some lies about who you really are (and no, not because someone is causing your problems!) Truth is, once you really know who you are, nothing that could happen to you can ever cause you to struggle, even a little!

How do you get to living a life of joy, peace, and love instead? By resolving those lies and doubts and fears that are blocking your view of your true essence. Other people and events will allow you to address those false things you're convinced are who you are, so you can find a way to heal that within yourself—giving yourself enough genuine love and

compassion and whatever else you need to stand in your true self. Any little effort you put into this fills your heart with hope and bliss . . . heaven in the present moments. Making a commitment to trusting and striving to follow the longings of knowing your true loving self better really and truly allows you to live heaven on earth. It is all you were born to do!

Be ready for the “I can’t” lie and the “if that hadn’t happened to me” lie. Truly, you CAN do anything you choose, and your heart and soul will tell you so. Remember, anything short of peace and pride in who you are IS A LIE! Don’t argue it. You are love at your core and everything else comes when you remember this! Once you love something unconditionally within yourself, you will automatically love it unconditionally in others and in anything you come across in life. I speak from experience from the love of the universe, which we each hold in our own two hands; it’s the only way to live, once you get a taste!

Regardless of what you choose, I can guarantee that anything short of self-compassion and the desire to know your true self better will bring unease, disease, struggle, and worse (hell on earth) to both you and everyone around you, and anyone around those people and on and on! So do you see where the world’s troubles start? Yep, from the base of what each person chooses to learn and love about themselves. All you need to do is work on you, and you won’t be bothered by anything the rest of the world is doing and truly, it automatically shifts everything in good way.

The one rule to live by: Decide if you want a heavenly, purposeful life or a hellish, wasted life. To have the life of bliss you were born to live, do all your thinking about yourself from the neck-down, as my friends say, from the heart and soul, based on what satisfies it’s desire to be loved and cherished and honored **by you**. Address all fears and doubts, labels and beliefs that do not promote this commitment to your precious life with honesty, knowing no part of you is truly bad. You have only convinced yourself of that lie, somehow. Release any and all beliefs, habits, knowledge, relationships, fears, etc., with loving gratitude for getting you to this point, but knowing the change is to get you more familiar with who you really are. Remember, you may have spent your whole life so far (and probably other lives) supporting the lies, so be patient with yourself if they surface again for further practice in healing or letting go of them. You are only human, you know—at least for the time-being. Human, meaning you have a mind, body, and soul. Denying any part of you is lying to yourself about who you are and you will remain lost in knowing who you are. Anything harmful to you is harmful to the world. Anything loving towards you is loving towards the world. See? Simple! :)

Your one task is to take kind and humble care of yourself—accepting and loving all parts of you--mind, body, and soul. As you learn to do this, it comes naturally to be kind and humble to others and truly, to all other living things because you understand how they are connected to you and your precious life! So one more time, to make sure you get it: **Lies about who we think we are cause us to struggle—to live in HELL. Allowing yourself to uncover the truth of your real self by listening to your heart and soul, instead of your mind, brings only joy and peace and love**

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*—Mary Anne, Author
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(that’s how you know it’s your heart), which allows you to live in HEAVEN! Ignoring your goodness brings nothing but pain to all. All of this happens now, in the present. Finding the goodness of your true self is the SOLE/SOUL PURPOSE OF YOUR LIFE! ~Mary Anne

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