

It's Over. Now What?



It finally hits you. IT'S OVER. IT'S REALLY OVER! Natural human emotions go wild, dragging you through sadness, anger, confusion, self-doubt, heartache, and general feelings of failure or deep loss. However, if you're willing to allow yourself to see beyond that tiny, tiny focal point, you may get some positive, random emotions thrown in too, like relief, excitement, forgiveness, appreciation, and a general reflection of some valuable learning experiences you went through. You're still in control of what you let yourself see and feel; you're always in control, even in this gray, cloudy place.

I'm convinced there's really no such thing as "endings" in life, only BEGINNINGS. We all accept that two things are inevitable in life, as we know it: Birth and Death. I say, our entire life, including that part when we're in human form, is just a series of births and deaths; something has to end for you to go to a new beginning. People have written about this forever! Something has to be destroyed to be rebuilt, you have to be burned to ashes in order for the phoenix to rise, the caterpillar must let go of its current form to become a beautiful butterfly, and on and on. The point is, you can't arrive as your new self or on your new level by staying in your current state. You have to release or let go of something to GROW or MOVE FORWARD in life.

Why grow? Why not just stay with your dream man or woman, or in your dream job, or in your dream home, your current state of who you think you are, or wherever you're comfortable and content? As long as your soul is getting what it wants and needs, you can. Your heart and soul will tell you, somehow though, if it's feeling stunted and confined, and I hate to be the one to tell you, if the heart/soul ain't happy, nobody's happy! It'll tell you any which way it can, until you or someone around you, starts to listen. Maybe things will start to sour beyond the point of ever finding sweetness again. Maybe your health will start to give out. Maybe something major and unexpected happens, to try to give you time to stop and think, or to see things from a new angle. Maybe there is a huge loss or betrayal or anything that makes you feel a deep crevice in your heart. Maybe you just feel like there has to be something MORE.

Usually, these things happen to me because I'm missing something big. Usually, I'm not learning something about myself that it's time to learn (and we never know when we are ready for that new lesson) or I'm repeating a self-defeating habit, which is always detrimental to others, by the way. Usually, I think I'm being a loving, giving person when I'm actually stunting another person's growth because I'm doing too much for them or enabling a behavior that it's time for them to grow out of. I try to remind myself that when it's not good for me, it's not good for others, either. True paths always line up to be mutually nurturing and beneficial to all involved, whether all can recognize it at the time, or not. Many times, we will never know. Just trust.

And when it's not good for both, it's just the end of that journey together. Change—and growth—is needed. Something HAS to end for the new to BEGIN. It could be very subtle, like a close, daily friendship evolving into an occasional communication or a small job promotion, or getting rid of something on the list of junk food, or it could be life-changing, like recognizing you and the person of your dreams came to a fork in the road and you no longer want to take the same road. This comes in a countless number of ways, from losing something

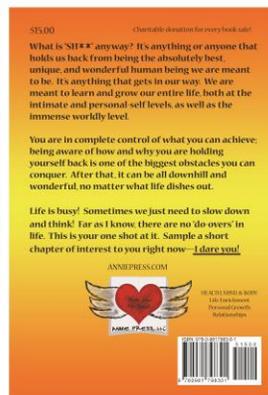
you used to do together, ending a romantic relationship, or even in death. We have to realize, it's NEVER just because someone WANTS to LEAVE you and make you unhappy, it's ALWAYS BECAUSE SOMETHING NEW HAS TO START! Even in death, most of us believe that we leave here to go on to something amazing and good, beyond our comprehension. Who's to say the deceased didn't have to go because it was just their soul's schedule—it was nothing personal, their time here was just up! If you were connected to the deceased, I'm certain we rejoin them once we're ready to go, too, and I really do think they often grow their love for us to the point that now they're ready to help us in a much bigger way, and that they can do that, once they're no longer in their physical body. It's not so far-reaching, is it? Love is much bigger than we can ever understand.

But WHY do we have to grow? Why can't we just stay where we're comfortable? Again, as long as that comfortable is allowing you to learn more about the true person you are (a perfect-just-the-way-you-are, loving person, here to help the world in some way), you shouldn't change anything about it. It's when we're not growing that we start to die. Every living thing in this world, including us, is here simply to grow, right? I believe we were born to grow, in some way. After all, our soul is the only thing that existed before our body and this life, and our soul is the only thing that leaves this life, right? SO, it seems quite logical (and heart-warming) to me, that the whole reason we're here is to grow our souls, which happens when we learn more about who we really are. I believe EVERYTHING that happens in our life is all to help us with this mission. EVERYTHING. So even the things we believe to be tragic or mistakes or bad luck serve a bigger purpose. If we only open our eyes a little more to see this bigger possibility, we can often find it, even if it isn't immediate. Again, the knowledge comes when we're ready, and all too often, we don't see it because we have a thick cloud of emotions or beliefs or fears blocking our view. It could take a lifetime to clear away all the clouds!

Trust. Let go of anything (feelings, beliefs, doubts or fears, people, routines, etc.) that is no longer for your highest good of loving yourself unconditionally and accepting who you are—a critical part of this world and here for a reason—and allow GROWTH (aka, more love and light) to arrive. When you do, you automatically do it for all those around you, whether they ever realize it or not, so it's ALWAYS a good thing and ALWAYS the right thing to do. Keep your eyes and heart open; there's always something wonderful there! ~Mary Anne

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