



LOVE YOU

LOVE really is ALL that matters and ALL you ever really need in life. Absolutely everything in life revolves around it, and is dependent on the level of love there is. Think about it! Oh, there are many kinds of love, through many kinds of relationships, but the one that is **REQUIRED** in order to have any of the others is the most simple of them all.

It's the one that you control completely, entirely on your own, and it, in turn, controls your life and your level of contentment in life. **SELF- LOVE is the ROOT of your life!** Your level of self-love calls all the shots:

- ♥ How you treat others and whether you can give and receive love
- ♥ Whether you are happy with your life
- ♥ What kind of people and situations you allow in your life and whether they can harm you (we only allow things to harm us up to the point that we're willing to harm ourselves; our own cruelty convinces us we deserve to be treated badly!)
- ♥ Whether you pursue your dreams or not
- ♥ **TRULY**, whether you are currently living in heaven or in hell

So this is easy; **if you're not overjoyed with your current status, you could use a little (or a lot) more self-love.** It really is the only thing that can help you and help your life; it is the core of your existence and there's just no getting around it! Again, love may come to you from other sources, but unless you love yourself completely first, you can only deflect some or all of it...you can't absorb all of it, nor can you give others what they deserve...you can only give out what you, yourself possess.

Even if we've lived our whole life so far with a tremendous lack of self-love, it's **NEVER TOO LATE!** There's a very quick way to that self-love. Simply be the **REAL YOU.** The challenge for most of us is figuring out who we really are and then, to break through all the lies we live by and start allowing the truth to lead us. Just by the little I know about myself at this point, I'm sure learning all about who I really am will be a life-long adventure! Learning one thing leads to another, and another, and another. It's an absolute blast!

I just finished an interesting book called, *The Four Agreements*, by Don Miguel Ruiz, and he describes our fears, self-doubts, hurts, and lies as “. . . a parasite that controls the mind and controls the brain. The food for the parasite is the negative emotions that come from fear. If we look at the description of a parasite, we find that a parasite is a living being that lives off of other living beings, sucking their energy without any useful contribution in return, and hurting their host little by little.”

I can't think of a better description! It's dead on, as it silently kills you and your life! **There is only way to kill the parasites, or the lies and fears and hurts and self-doubts in our hearts, and that's to start being our REAL SELF!** Even if we have no idea who that is, or how to do it, we can learn **IMMEDIATELY!** It's **SO** easy and **SO** fulfilling, I want you to promise me first that you will not be angry with yourself for not doing this sooner! Promise me that from this point forward, you let go of old habits and simply love yourself for the wonderful, unique person you are, and **ACCEPT** that you **DO YOUR BEST!** Promise? Okay then, on to **HOW TO BE YOUR REAL SELF!**

LISTEN TO YOUR HEART! LISTEN TO YOUR TRUE FEELINGS! This may take a little practice because we are all so in the habit of letting the parasites drown out the real feelings of our heart, but if we're very honest and quiet with ourselves, we WILL hear the truth! Start with this: In EVERYTHING you think, do, or say, ask yourself,

“How does this make me FEEL?”

Then, here's the key...

If it warms your heart (yes, physically) and makes you feel happy, peaceful, excited, proud, connected to God and the world, or any of the deep, lasting, positive emotions we have, it's your heart and your **TRUE SELF TALKING!** It's an incredible feeling that you'll long for, once you get a taste of it, which makes it very easy to follow the path to your dreams and fulfillment in life.

On the other hand, if something you think, do, or say makes you feel unhappy, undeserving, anxious, upset, unimportant, fearful, or icky in any way, it's coming from the lies and the parasites! It is the **DIRECT OPPOSITE OF LOVE**—both love for yourself and love for others, and it is **NOT THE REAL YOU and NOT SUPPOSED TO BE IN YOUR LIFE!**

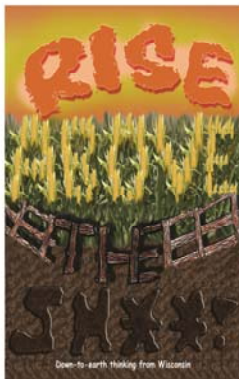
Yes, it's that easy...just let yourself try it and just watch the wonderful things and people that come into your life! I recently recorded a speech I gave on the importance of each and every one of us, as we all have a strong impact on the entire world. **If you'd like a few more ideas in finding your true self, you can listen to it on our website, AnniePress.com. Look for the link on the home page, in the upper corner under “What's New?”** (As always, completely free with no strings attached, so share away and make someone's day!)

Just wait till you start getting to know the REAL YOU. **I guarantee it, you're gonna love YOU!** ~Mary Anne

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