



Let Go or Be Dragged!

Some days, I don't know how I got here! The last several years are somewhat of a blur. I have some treasured memories in there, from happy to sad that I'll never part with, but what about the rest? It's been a whirlwind that I'm pretty sure launched me right off the planet more than once! Let me give you some advice up front: Remember, we can ask and pray for whatever we want, including, "to safely and gently slow things down." I didn't even think of asking for that until a friend recommended it recently. Thank God for the people in my life!

So how did I get here, in my brand new life, which still feels like a happy dream to me? It's been several months, and I still don't see anything or anyone stopping me from doing or being absolutely anything I want, except me! This is the truth of our reality, but it doesn't seem to be too easy to come by. We all have our share of struggles, often our whole life, but I hope I will always know to look beyond them from now on. I know the damage it can do if you don't, especially to your physical body, so if you feel tormented in any way, I can't tell you strongly enough to find another way before life has to step in and reset you! So now, I work on continuing to heal the effects on my body from my fast pace and allowing myself to be dragged too long, knowing the commitment alone is helping the various things that have dipped my health the last three years.

It sounds crazy, but the health issues are probably what finally forced me to move forward. For me, moving forward this fast could not have happened without **letting go**. If I had felt fine all the time, I would have had the energy to continue to enable people and situations that needed to change for the good of everyone. I also would probably continue to spend time doing things others wanted to do, but that didn't help me at all. I'm much pickier these days, knowing I have a limited amount of energy, thankfully. Not doing or being all you want is not only harmful to you, but to others as well, so these were some of the things I had to let go of:

- ✓ Doing so much for my grown, perfectly capable, smart kids and I helped them all move out and distanced myself a little to reinforce they are in control of their own lives and can do anything.
- ✓ The man I'd known for 10 years that I was sure I wanted to grow old with, when we became unhappy.
- ✓ Two dream homes in just a year's time, that I gave everything for. The first, built solely on my own blood, sweat, and tears and raised my kids in, and then the home I left that for, to someday retire with that man I had to later leave—two gorgeous properties anyone would die for. (This forced me to learn I don't need to be in a specific building, or to be with anyone, to feel safe and at home.)
- ✓ Stuff I just didn't need anymore, as I did most of both moves mostly on my own, even the stuff I saved for, for years to have. It'll make moving around and traveling much easier in the future!
- ✓ Feeling like I needed to belong in certain groups. Belonging is fun and okay as long as it doesn't make you suppress who you really are, or hinder you from who you want to be and what you want to do. If it does, realize those people really don't care that much about you and will barely notice you're not there anymore. Trust me, there's a much higher percentage of people dying to love you for being your real self; they fall out of the sky when you start doing the things you know are the most fun for you!
- ✓ Trying to force myself into living a "normal life" as I realized that's a ridiculous thought, when each of us is born perfectly unique so that we can accomplish the special, non-standard things we are here to do! We are not born to be a clone of someone else! We are not born to live someone else's life!

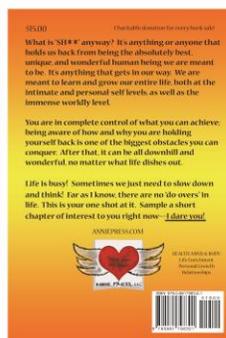
- ✓ Thinking I “have” to do anything, like making my day job a top priority. Talk about selling your soul for money! Some experts call that prostituting! There’s ALWAYS another way!
- ✓ Being the way other people want me to be, from how I dress and wear my hair, to what I do and how I act. People are still jealously catty, and often make up lies in an attempt to make you look bad, but I just don’t care anymore. Those people probably have a lot of growing to do before they can truly care about themselves and others. In the meantime, they show the world how much they lack self-love by picking on others, especially those just trying to help the world in some way.
- ✓ WORKING ON trying to let go of helping people that don’t want to be helped, even if they say so; their actions tell us what their current motives really are. I need to respect their path, even if I feel they will likely struggle because of it. It’s still their choice, so how dare I interfere with their learning!
- ✓ WORKING ON trying to let go of thinking things always need to be resolved, because sometimes they are not meant to be resolved, no matter how logical or simple it seems. Even when I see a rough road ahead, I’m learning to trust that people and things in life sometimes just need to take their own route, and that I need to be okay with possibly never understanding it! There’s something for me to learn.

The magical thing about letting go is that once you commit to loving yourself and realizing your worth on this planet, your space is no longer filled with crap that needed to go, and THEN, there’s room for the real things that are meant for you at this point in your life! Remember, as I let go of these things, I had no idea what I was supposed to do, or what my future would bring. I had to let go of the old habit of having a fear of the unknown—it’s ridiculous too. Truly, I still don’t have a clue, but the adventure is exciting, I have to admit! But once I cleaned my slate of the chaos and clutter, other things started blossoming and growing.

Without any effort on my part, I suddenly realized I had a strong desire to go south for part of the cold Wisconsin Winter. There was also little or no juggling involved, and no lack of funds or energy, every time I wanted to go to an event or take a class to learn something fun! I have incredibly real, respectful people befriending me all the time. My writing and project inspiration returned full bore; it’s always effortless when I’m in a good place and I’m eternally grateful to have such an obvious gage. Everyone should do something creative that makes it so obvious when they’re not taking good enough care of their life; it’s much easier to catch yourself before you hit the murky bottom! Not happy? Change it or LET GO!!!

“Raise \$1 million for charity while making the world a happier place!”

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



As I was finishing this article, I suddenly had a clear picture of my next book, a “Next Steps” guide, of which this will be the final chapter to celebrate my growth in the 5 years following the time I let go and opened my heart for all the world to see. I found the world to be a very kind place, when I just allow myself to be more of the real me. Eternally grateful,

~Mary Anne

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