



*The LOCKED UP Heart :(*

## Remember Who You Are!

It's so easy to get lost, today more than ever! Some days it feels like we have to be in survival mode, and who has time to remember who they are and what they really want out of this life when you're preoccupied with surviving? I know I don't have to convince you that the demands on you are overwhelming. We get it from all sides--physically, emotionally, mentally, and psychologically. On top of that, the world's generally gone mad, people we trust do crazy things that really hurt, and we have to become a little numb in order to function. No wonder we're lost!

Are you lost, even a little? You'll know if you are if life isn't joyful, blissful, and peaceful every day. Yours isn't? Then I suggest that in all the chaos and blows from life, you may have forgotten who you really are. Time to find yourself again, don't you think? Even if you think it's "safer" to allow your real self to stay lost--or hidden really--it's really not. Moreover, you add to the chaos, unfortunately, when you don't let your real self run the show, and that not only makes your life harder, but it deprives the world of the whole reason you're here! I hope you're feeling guilty enough, about now, to read on . . .

I know you've been hurt. I know you've been disappointed, probably even traumatized. I know you feel the need to hide to survive. I know the feeling and I've done it far too many times, too. That's why I want to convince you, it's no way to live. You're not only wasting precious time, but you are definitely turning away from many things that are trying to bring you joy, love, and peace. You're slowly dying. It feels like it too, doesn't it? Be honest. You can feel it.

The thing is, our heart and soul is the power source and the truth of who we are. Life has us ignoring everything about our heart, a lot of the time. Do you still feel your heart beating, dying to be remembered right now? Or have you built steel boxes around it and allowed your mind to go crazy with your life? We need our mind, of course, but it is not the source of our truth. Proper order is to have the heart tell the mind what to do, not the other way around! Yet the evil mind has taken control of most people. It just seems to be the thing to do, these days?

Decisions should be made with TRUTH (our heart), not all the sh\*\* that gets thrown at us our whole life that has piled up in our brain! Only the truth of who you are can make the best choices for you. Only your heart knows the purpose of your life and what will bring you lasting love and peace. Only it knows who you really are. The mind, it confuses you at every moment as to who you are. You see images of bad memories, people wronging you, and dramatic experiences, and you somehow start to believe that's who you are! I tell you, it's NOT who you are! That "thing" is a monster, created by something trying to stop you from fulfilling your life's purpose. It stomps on your heart! You feel it, stomping on your heart!

Remember. REMEMBER! Let your heart take control back and it easily knocks all the sh\*\* off! The very next decision or action you need to make—STOP! Tell the mind and any other OUTSIDE influences to be quiet and just go into your heart for a second! Ask your heart, "What would make you truly happy right now? What choice or action feels really, really good, and a good that lasts?" It doesn't matter what you've always done. It doesn't matter what other people do. It doesn't matter what the rest of the world might say. All that matters is the truth of YOU. The truth of what makes you feel love for yourself, which automatically spills over into love for others. THAT'S WHO YOU ARE!

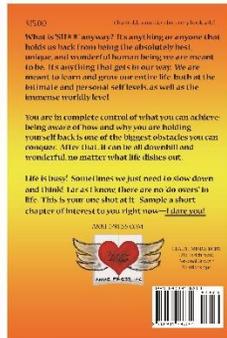
You can visually see and feel a strong, warm light coming from your heart when you reconnect with your real self! Bask in it and keep going! It'll keep the image of who you really are very well-lit so you start living the way you were intended to live! And watch what that light does for other people and events in your life and prepare to be amazed!

And most importantly, allow yourself to have those wonderful things and people that come when you allow your true self to drive your life. Hiding from them or turning them away is an old habit your mind is controlling. It's a sneaky way for it to deprive you of the gifts you deserve for letting your heart out. Don't be fooled. If whatever's in front of you could make your heart dance, open your arms to it and allow it to bring you the peace and love you are meant to have in this life!

Life is precious; don't waste a second because you can never get that second back! Other hearts ARE depending on you to live your life through your heart, and all of it together, brings peace and love. Doesn't that sound much better? What have we got to lose? OURSELVES. OUR LIVES. So please, take the time to remember WHO YOU REALLY ARE. Much love from my heart to yours. ~Mary Anne ©Copyright Annie Press

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