

STOP. THINK. BE YOU!



My prayers to see things more clearly seem to be bringing me all kinds of examples to learn from lately. My natural reaction is disappointment in people and their behavior, wondering why they're so careless? But then I know that usually what I feel about others is what I feel inside, at some level, so does it remind me of some disappointment in myself? Maybe. Maybe I'm disappointed in the ways I have interacted (or not interacted) with people. Or maybe I feel like I'm failing because I should be able to wake people up better than I do. I've been pondering this long and hard and see a couple of big areas for improvement for all of us. The chaos within ourselves and truly, all the way across the whole world would vanish if we could all just **STOP! THINK! And just be our REAL SELVES!** Let me tell you what I'm feeling . . .

OPINIONS: I'm not sure who came up with the phrase, "Opinions are like A#\$holes, everybody's got one!" but it sure is true. No matter what you do and how perfect you think it is, others will always let you know you are doing it "wrong." Even when the most miraculously-perfect things happen, someone's always there to tear it apart or find the bad in it! To me, it's SO apparent that the person is struggling with themselves in multiple ways. I can't even start to list issues we sometimes have with ourselves or new situations that we're trying to handle, but just observe people a little more and you'll see what I mean! Now, we are ALL entitled to our opinions. It's part of what makes each of us beautifully unique, but sometimes we just need to shut up about it! I am working hard to learn this lesson, especially. I tend to offer unsolicited help. I think I assume that when someone is complaining or struggling with illness, emotions, or just their life in general, that they want help. I assume this because that's what I do. If I don't want help, I don't bring it to other people. But with this thinking, I forget the most important thing! Others ARE NOT ME and so, their reasons for showing things to others can be for a variety of very different uses, most of which I can't comprehend because I don't share the same process of dealing with things. I feel like I've gotten my butt kicked many times lately as we've all navigated through new, difficult situations. In my habit of "helping," I upset others in some way because they didn't want the help. They want to just stay in the drama/chaos/misery. Upsetting them more was the last damn thing I wanted to do, and so, I hope I'm learning!

What's the point behind making sure others know your opinion when you have nothing to do with it and really, no right to voice your opinion, anyway? Is it to prove you're better, smarter, more savvy, or are you trying to control others? Why do we feel the need to prove things or be right, anyway? Be careful anytime you think you need to prove anything to others . . . it exposes your biggest insecurities more than if you standing there naked, shouting! In other words, it's obvious to everyone else that you have some issues with yourself!

Most people automatically resent others that don't have the same opinion as they do. Why is this? Again, I suppose there are unlimited reasons, from it threatening someone because it will challenge them to have to think for themselves instead of following the crowd, to just being angry because someone isn't JUST LIKE THEM, or that they have to consider that maybe they're not "RIGHT." Does anyone else see the sheer ridiculousness in all of this? I am NOT YOU. YOU don't WANT to BE ME. So why on earth do we demand that others try to be us, sometimes? We all have to just be ourselves, or everything goes to hell! I have to think that if we are threatened by others that are not just like us that we have a long way to go to figure out who we are and what the hell we're doing here! I have to think we maybe don't like ourselves so much and we're deathly afraid of being exposed. STOP, STOP, STOP!!

Everyone has the right to live, think, and breathe however they want to. It is what makes us all so wonderfully our own, one-of-a-kind self! "LET IT BE," as John Lennon said! Can't we just appreciate EVERYONE'S opinion and learn from them? We don't need to change ours at all, but we DO need to VALUE and RESPECT EACH OTHER! Every contact, every situation, is there to help each of us learn. God help me try to remember this more! Even as I watch someone in pain and agony and constant struggle, God help me remember! How dare I interfere with their learning path. . . their journey

in this life! Now, if they ASK for my help or my opinion, that's a whole different ball game. Then I can spew, and you know I will! They may STILL not like what I say. They may STILL not WANT it, really, but at least they asked, so I didn't invade, this time! God help me.

IMMITATING, FOLLOWING, BEING A ZOMBIE: AGH!! What a MESS this world is, with all the mindlessness! People surrender their true self, their reason for existing, the very desires of their heart, and the very thoughts of their own brain TO BE SOMEONE ELSE! AHH!! I find myself wanting to RUN FROM THE ZOMBIES! But again, I point out, it's all to help me learn something very valuable about myself, so again, I TRY my best to be brave and SHUT UP and OBSERVE!

New changes come every single day, sometimes. Subconsciously, we don't know how to handle it or how to behave, so we just imitate someone else we saw and behave like them. Like a robot. Good, bad, or ugly, we just imitate. We behave as we "think" we should when we encounter a new thing instead of how we'd REALLY like to behave. DANGEROUS! YIKES! First of all, no matter how perfect you think that behavior is, NEVER try to be someone ELSE!

Whether you believe it or not, you were BORN WITH A PURPOSE, which naturally succeeds as long as YOU ARE BEING YOUR TRUE SELF, which ONLY your heart knows. You have to listen with the LOVE in your HEART and then let the brain and body assist with the doing, not the other way around! The heart and soul are connected and ONLY THEY KNOW WHO YOU REALLY ARE! Please, please, please, don't waste your precious time or ours trying to be someone else! On top of that, whoever you're imitating maybe didn't give you such a good example, so you're going to crash and burn regardless, wasting more precious life than that person maybe did! Learning something new is just as natural as when we all learned to talk and walk, so get moving on learning how you want to do it! Just put a little effort into it (because you value yourself even a little bit) and you'll be YOU!

Then we follow everybody else because we want to "fit in" and not be "different." So again, with wanting to be SOMEONE ELSE?! REALLY!?? Major FAIL, People! Where does that get ANYONE? We can have REAL friends and experience the REAL joy of when others love you for who you are, when you acknowledge what's beautiful in you and STOP TRYING TO BE SOMEONE ELSE! You will ALWAYS FAIL at being someone else, and you can NEVER FAIL AT BEING YOURSELF! So again, why, oh why, oh why waste the time? And be careful! All this screen time, in all forms, fries your brain and leaves you too exhausted to even consider all of this is going on. There's nothing alive in there! Even worse, what you focus on, you become...you want to be a dead piece of hardware? Just watch and learn when you have that crap shut off, knowing you're probably not in the habit of thinking for yourself or remember how awesome you are, so now you may need to learn again! Don't be afraid. Your heart knows who you are, so tell your swirling brain to take a rest and let your heart and soul come back to life. You'll see. I usually need time alone for this after chaos; it can take days or weeks sometimes to stop and listen to what's in my heart. It's also sometimes better to lay low when I'm trying to keep my mouth shut!

So please, don't be threatened because you think I'm different. I AM DIFFERENT! AND SO ARE YOU! But we were given each other so we both can have an awesome life here! We are all one-of-a-kind beautiful works of art, for perfect reasons, and that opinion I know, is the truth for all. But, you can always choose not to believe it, if you think that's what's best for you! But there's no reason to hate me over it . . . Thanks for listening to MY OPINIONS! ~Mary Anne

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