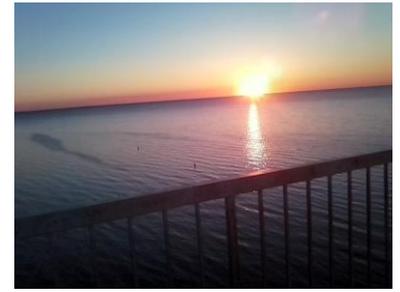


# Silly Things That Get Me Stuck

*I dedicate this article to all the beautiful people that came out to see me in New Holstein at Massage Therapy by Mickaela Summers and Valerie Hickman on June 18<sup>th</sup>; it was such a pleasure to just be with all of you, and I was raring to finish up this article, the next day, and post the picture I took, right after I left there, at my favorite spot in Pipe...it reflects exactly how you all made me feel! I will focus on all of us meeting again! : )*



So lately, life feels a little BLAH. There's no reason for it; everything's great and I've met or reconnected with a lot of wonderful people lately, too. So a couple of days ago as I went to bed, I took my own advice and asked, "What am I missing, lately?" I know from experience, that if I want to know the answer to something, I just ask with faith before I go to sleep, and my subconscious mind will work on it all night and provide the answer, as I wake up. The neighbor's outside alarm went off about 4am the next morning, and groggy as I was, I felt like I was on the verge of getting my answer. Still, I had gone to bed pretty late, and wasn't ready to get up, so I decided to go back to sleep, asking God to help clear my mind of whatever sticky fog was clogging it.

It worked. I woke up at 5am and 6am, wondering if it was time to get up yet, realizing I was slowly getting my answers. I was pointed towards looking at what I've been thinking and talking about lately. Despite all the wonderful things going on in my life, and in the lives of those I love, somehow I've been distracted by the not-so-wonderful things. I got thinking about why I haven't been taking a walk every day, this last week. I've been more tired. Why? I've been going to bed late. Why? Mmm. There's been a little negativity creeping in lately, here and there. Even just sprinkled in, every other day or so, it was weighing down my wings.

As I tell my Grandson, "You were born to fly, and don't ever forget it!" Even though he's not even a year old yet, he gets it; I know, because of the gigantic smile on his face. See, we were all born knowing this, and no one's corrupted him yet; at least not on Grandma's watch! So in my human silliness, I have not been flying lately. Oh, good things are all around me, really they are, everywhere I look. That's not the issue. The issue is with the "other" little things that sneak in. The news was on one night, and I paid attention to the awful things going on with people. I took the time to read some sad tributes on Facebook. People I know tell me about the emotional and physical struggles of people we care about. I hear someone speak out in anger against someone. Something reminds me of someone that wronged me, in the past. Some of my fears that block my dreams start to creep out, looking for a place to set up camp. Suddenly, SH\*\* has me surrounded, somehow!

This is all so typical, isn't it? It was the way my life used to be. You trudge along and trudge along, overjoyed by a day that happened to go your way, because it just wasn't an everyday thing. Oh, I remember. My memories of BLAH days are the entire reason I usually work on keeping my head where it belongs, every day. So it hits me aside the head again. My head is not where it belongs to see things clearly; not at all! I've got all this negative stuff that I've been absorbing blocking my view, and my path. Sure, all the negative stuff is always there. The difference lately is that I've been FOCUSING on it, instead of all the positive things I should be focusing on. I've even repeated or added to some of the negative conversation—YUCK! Even if I wasn't naming names, I was talking or thinking about sad or messed-up situations, which only spreads the negativity as more focus is placed on it. I hadn't taken the time to let the SH\*\* just flow by. I had chosen to step in it! No wonder I feel so BLECKY lately!

So thank you, God, for helping me see, it's time to step back out of it! I remember now, that all I have to do is REPLACE THE NEGATIVE WITH SOMETHING POSITIVE. It's so flippin' easy, it's a shame I wasted a few days of precious life, really it is! So here's what I do. I include the sad and sick and struggling people in my daily prayers. I ask God and the Angels to

help all of them find comfort and healing in God; there's no better feeling than realizing you're never alone and that God's love is overwhelming. I do the same for any news within earshot, immediately going to a prayer instead of analyzing the details of what happened, or how people must feel. My dwelling on it in a negative way does no good, but a prayer brings power and relief to everyone involved. I visualize happiness, health, and peace for all, including me.

For those sneaky little fears that tell me to worry that I am trying to do more than I can handle and that I'm not getting enough done, I push them back into their dark corner by reminding myself that good things are unlimited; all I need to do is ask. So that's another thing I've been missing...naming off specifically what I'm thankful for, instead of thinking or talking about something unpleasant. When I think about what I want and what I'm grateful for, it's important to take a minute to feel happy and at peace, along with all the other wonderful feelings. Here's an example: "Thank you God, for the abundance of love, happiness, health, time, resources, and opportunities to fulfill my dreams and the dreams of my loved ones. Together, I know that nothing is impossible and I accept all of the miracles and goodness in my life."

You see, no matter what it is, good or bad, we still have the CHOICE TO ACCEPT IT. Good or bad, we can embrace it, or turn it away. Sadly, the worldly corruption often makes us feel like we don't deserve things, or that we have to suffer, and so, WE OFTEN WILLINGLY ACCEPT THE BAD AND TURN AWAY THE GOOD! It's CRAZY, don't you think? Start practicing ACCEPTING THE GOOD! IT'S OKAY! YOU are the reason God put it here! From the sun and the moon, to every person you come in contact with, really! It is for you! Just try it all out, accepting the good, and let yourself be surprised by all the great things that can come out of you, once your head is back where it belongs!

Another thing I'm doing today...right now, as a matter of fact, is TAKING THE TIME TO DO THINGS THAT FEED MY POSITIVE SIDE, like getting outside and taking a short walk! Nature rejuvenates you, happily off-loading all the negative crap you've been storing up. So does uplifting music, and any way that you express your happiness, like singing, saying, writing, or thinking something positive, or any kind of movement, like exercise and dancing. Taking care of your body is the ultimate positive embrace, so I'll make the time to choose good food and drinks today, especially lots of plain water! Do you see how simple it is? Our own happiness lies in all the things we do (and think) for ourselves; the hordes of wonderful people all around me couldn't clear away the pool of SH\*\* I was allowing to rise around my ankles. Great people were in my presence, every day, yet I still felt groggy and not completely alive. As some of the world experts proclaim, "The door to your happiness opens in." So, no more BLAH! (And thank you, God, for helping me to remember this faster, the next time my human-ness gets in my way!)

~Mary Anne

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

-Mary Anne, Author  
RISE ABOVE THE SH\*\*!



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