

Stay Calm, and Leave a Path of Light



Two of my best friends complimented me recently, saying that I stay calm and am very understanding when others may be behaving badly. Honestly, it surprised me, because I am quite human when it comes to being hurt or wronged. I get angry; I get sad; I do and say things I am not proud of. But I accept the fact that I am human, and that we're all human, and I try to get over it, as quickly as possible. I think it comes from one simple fact of my life: I know that any negative anything is keeping me from the peace and happiness I want in my life. I know that it robs me clean of really living the amazing moments that are intended for me (and for ALL of us), every moment the unloving feelings are allowed in my life. That alone, motivates me to resolve, ignore, brush off, or walk away from whatever stands between me and my real life.

But how do we not want justice, sometimes, if not all the time? How do we stop that anger that human nature sparks to help us defend ourselves? How do we calmly sit by and not want to stop people and "teach them a lesson?" Again, I am human, but I do the best I can. And guess what? All the other humans out there are also doing the best *they* can. Don't buy it? They SHOULD know better. They COULD try harder. They acted out of SPITE. They were WRONG. This isn't RIGHT. They need to know how it FEELS. I need to TEACH them a LESSON. Someone needs to STOP them. I know you know how it feels to be on the crappy receiving end. I know you've been there, far too many times. But fear not...I have some good news for you!

First, how did I get where I am, in my seemingly-naive state of mind? Well, I worked on it, a long time, again, in a mission to never let anything or anyone else affect my happiness. Truly, they can't; we decide what we allow or don't allow. I piled lots of my thinking into the book, **RISE ABOVE THE SH**!** **Down-to-earth thinking from Wisconsin.** We are always the boss of ourselves, and our lives, no matter what. I have to credit Marianne Williamson's book, *A Return to Love*, and specifically her chapter on "Relationships" as something that really helped me find compassion for wrong-doing, instead of anger or sadness. If you're not familiar with it, she summarizes her take of *A Course in Miracles*, an in-depth read I hope to get to, some day.

Next, it helps to remember that even when someone does something TO you, it's not ABOUT you. IT'S TRULY ABOUT THEM. Stop and think about it next time; do you see the misery inside the wrong-doer? You will see it, clear as day, if you don't block your vision with a negative feeling. You may also remember, that any negative things harm the attacker much more than the person being attacked. Usually, whatever they're accusing or attacking you with is how they feel about themselves. They are really attacking and exposing themselves, merely using you as a scapegoat. How unhappy do you have to be, to voluntarily hurt yourself? Pretty unhappy...and that's what I'm trying to get at. People are out of their minds with fear, sadness, regrets, resentments, lies, insecurity, and a whole SH** pile of things they're doing to hurt themselves and ruin their lives, and usually, they are so far gone they don't even realize it! They truly are OUT OF THEIR HEART, and thus, OUT OF THEIR MIND!

And so I repeat, "They are doing the best they can, in their current emotional and mental state!" Really, everyone is. Some people's mental and emotional states are just more positive than others. Some are blessed enough to find their way back to their heart, however that may happen, and so, they choose to treat people better, no matter what. Or at least they try. Human imperfections will always play a part, but a good part. If we were all perfect, we'd never learn a thing, would we? What would the point of this life be, if we already knew and understood everything? WHAT IF the whole point of this life is to learn to love yourself completely, and then automatically, everyone else, too? WHAT IF? How are you coming along?

But why do these awful things happen, especially to nice people, like you? Ah, another awesome question that I can't try to provide an answer to. I can tell you how I cope with it, though, personally. I'd like to quote Tami Gulland, a Spiritual Business Coach (www.AngelsForSuccess.com), who said, "Look for the gift. There's always a gift." I find this to be true, in my life, no matter what it is, and so, I try to keep my heart and mind

open to what the situation is GIVING me. Is it a lesson I need to learn, about myself or about someone else? Is there something I need to take action on, or pay attention to? Is clarification or communication needed? Will something that happened alter someone's path or provide a stepping stone towards something better? There are endless possibilities, and I'll be honest. When it's something really hard to understand at the moment, I have adopted a quick go-to. I talk to the big guy and say, "God, I don't understand this. Please ease my pain and confusion. I know You know what You're doing, and I trust You always know what's best; help me understand, eventually. Please help me keep my heart open and see the gifts and learn from them."

I could not have gotten through a recent, nasty verbal attack without my heart. At first, I thought they were just expressing the same disappointment I had, with the choices one of their loved ones had made. I soon realized their loved one seemed to have told everyone the exact opposite of the truth. Something--their emotional state or just being too scared to tell everyone what they really want—caused them to run with any twisted excuse, instead of just telling everyone how they really feel, and what really occurred. Sad as the whole thing is, I couldn't fault my attacker for the hate that had built up in their heart; they have been terribly misled by someone they trust. I was absolutely baffled, as I analyzed the extent of unnecessary harm that had occurred to so many people, out of this post-ponement of the truth of what the dishonest person wants. They have to know, the truth will come out, eventually?

Sure, I tried to lead this person to the truth, but they'd have nothing of it. The verbal conversation was pointless, to the extent that I stopped and asked, "What do you hope to accomplish, with this conversation?" I asked this a couple of times, only to be badgered by an attempt to manipulate me into saying what they wanted to hear...something to justify and feed their anger and bitterness. But I had nothing for this person but the truth, and they quickly turned away from it, even when I tried to explain that they didn't know all the facts, and that what they were saying and believing was not true. One look in their eyes told me there was no point in continuing the conversation. Their own insecurity and misery didn't want help, resolution, or the truth. I paused to breathe and think, and heard a clear message, "Just stop talking." I did, and that was the end of it.

It is incomprehensible to me that one person can choose a path that hurts so many people, and then blame it on someone else and portray themselves as the victim, but I have to believe there is a reason for all of it. Sure, I was sad. Sure, I was enraged. But only briefly. In my heart, I choose to leave a path of light, not a path of SH** behind, as often as humanly possible. Already, I can see the many gifts that have come out of this icky situation, so all is well, and all will be well.

I chose, right then and there, not to accept the SH** that was being flung at me. I can't tell you how awesome that feels...it is an outward expression of self-respect and love. You are going to have to just try it out yourself to see! I have come to learn that as humans, we will often cling to the familiar, no matter how bad it is, rather than take the courage to try to change something for the better. We sometimes choose to wallow in our misery, playing the victim, as if someone or something else is to blame for our unhappiness. I plead with all of you...that's just not how it is. Only we have control of our own hearts, and thus, our own lives. If I can share this insight with just one person today, the world instantly changes for the better, as one more person realizes how amazing this life really is, when we simply allow it. In the meantime, send LOVE to all those that wrong you; while we all need love, I feel like they could use a little extra.

~Mary Anne

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