

The Courage to LIVE Your Life

People will always talk crap. Everyone's got something to say about your decisions in life, and it scares most of us to the point of not really living the way we want. People even bad-mouth the really good things we do, instead of being happy for you or patting you on the back. They find (or most often, make up) something bad about it. I wonder if people even did this to Mother Teresa? And gee, we know how they treated Jesus! So I guess if people did this to even the most loving, kind people that changed the world, we shouldn't be concerned at all when they do it to us, right?

I mean, we learned as a kid that it's the green monster of jealousy, really causing all the problems, and we know he's nothing to worry about. Still, the unfortunate fact is, many of us are so afraid of what people MIGHT think or say that we chose to not really live our life, and not make the choices in the way we really want to. Big or small choices, how much are you letting this fear dictate your life?

It starts in the small stuff, like how you should wear your hair or dress, and moves on to how you should spend your money and your time. And then God forbid, you should EVER NOT do what everybody else wants you to do, even when you really don't want to do it! What does that make us? Sheep? Zombies? Robots? It's all the same when we commit the biggest offense against ourselves, by destroying our life instead of living it!

It's TRUE, you know, that there is no "neutral" in life. You're a living, breathing thing, therefore at EVERY SINGLE MOMENT, you are either living and growing and creating, OR you are dying and destroying. I'm sorry, but that's just the way it is. I doubt I'll ever be okay with this—how our fear of what others say about us controls some of our lives—even though I know the best thing to do is to send the monsters extra love, knowing they need it, very much.

But sometimes, I wish I could do more when I see it destroying another person's life. Take life-threatening diseases and decisions, for instance. Have you noticed that if a person follows their intuition and challenges the standard medical advice for something, they're suddenly the bad guy, causing everybody else discomfort? They have to apologize, hide, or defend their decision on how they want to treat THEIR OWN BODY, even when the usual treatment is proven to not work long-term or sometimes proven to even cause death! Does this turn your stomach like it does mine? Oftentimes, a little research uncovers proven and safe "alternative" or "wellness" treatments, even as simple as dietary changes, PROVEN to cure even the worst of cancers and "incurable" diseases. Ah, but the herd mentality is that we can't DO that, and so, most people will not risk losing their herd over it. They'd rather risk losing their life, literally. Tell me I'm exaggerating, please! I wish this was just a bad dream . . . I really do.

My advice, from my experiences, is to DO WHAT YOU WANT FIRST—take GOOD care of yourself first—and don't give any thought to what anyone else says, even if you have to remind your doctor that it is YOUR body and the ONLY ONE you have, so YOU get to make the decisions for it! If they don't want to support and help

you, they should kindly recommend a more open-minded or educated doctor—preferably one that actually has training in nutrition and how everything affects the whole body. (Sorry, the sad fact is, with everything they have to learn, they do not have time to teach doctors about this, nor do they have time to educate themselves with their crazy schedules!) Someone in the MD field with solid holistic training is very hard to find, I admit, so it may take a team of wellness professionals, but they are here, if you just look!

Going back to how mean the jealous/miserable people can be, I know just about as well as anyone from my own experiences, at so many points in my life. People I trusted completely have “stabbed me in the back.” They say you repeat patterns until you learn the lesson or the value within yourself, and I admit that while I’m caring less and less what people say, it still causes me to hesitate moving forward a lot of the time. Thus, I have to be grateful to these people; they are trying to help me learn to let it go, ALL the time.

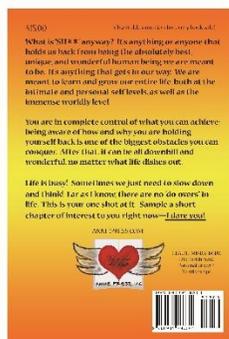
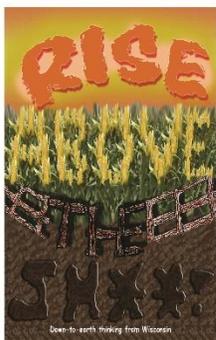
Oh, it’s been everything from making up lies related to my desire to help others and charity with my writing and other projects, to my cancer challenge, to my ability to travel, to healthy lifestyle and relationship choices . . . I guess most anything my “local herd” doesn’t do. They mislead others into thinking I’m hiding something, because how could I possibly do these things otherwise? It makes them uncomfortable to admit they can do whatever they want too, if they’d just go for it. Instead, they’d rather create something bad, to keep others from getting any ideas to make their own decisions, too. Am I ranting? Maybe a little, but for two good reasons: To point out that no one truly gets away with BS, and second, to tell you I feel your pain! You are not alone in this! It’s truly crazy. They have to know that honest people see their ugliness and will eventually tell me what they’ve said, don’t they? I guess that doesn’t really matter, as it’s ALL HERE TO TEACH ME TO BE BRAVE and FOLLOW MY HEART, regardless of what they do or say. It also helps me to know who my true friends are. And there’s a bonus too! Once you learn a life lesson, it can go away and stop repeating in your life, allowing you to move on to much better things!

SO! I’m forced to be brave! I choose to live MY LIFE and not waste away. I have one shot at this life, and I’ll take it. Be brave with me. It quiets the monsters, and could even get THEM thinking . . . :) ~Mary Anne

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