

‘Tis the Season of Peace. Why Not Let It In?



Regardless of your beliefs, there's one common theme that rings loud and clear at Christmas Time. LOVE. God LOVES YOU. God reminds us at Christmas that each and every one of us is so important and critical to the world, that He sent His Son to be with us, to remind us of this. None of us is an "extra." Each and every single one of us is here for a reason. We ALL have a purpose. If you give that just a little thought, LOVE comes easy. Love for others, and more importantly, love for yourself!

We forget this so easily and seem to need to be reminded constantly. Let it sink in during this opportune time of the year! Let the incredible peace of the season snuggle you tight! Do you know what that feels like? Have you ever let it happen? If you HAVE let it happen, you KNOW how amazing and secure it feels. There is no mistake, and it's something you long to feel again and again; on top of that, it's something you long to have others experience as well...so you do your best to share this with them.

If you are not able to get to this wonderful place, ask yourself what you are waiting for. Do you feel like you don't know how to get there, or that perhaps you don't deserve it? Let me make some suggestions. First, the deserving part. Listen to me! God tells us over and over and over again that He loves us and only wants us to be happy. He doesn't say, "If you're good, you deserve to be happy, but if you're not, you don't!" That's our silly, warped thinking that goes there. God wants us to be happy and to feel peace, so that we can find our true selves, discover our gifts, and share them with the world. It's just a natural thing, that if we start to love ourselves, we naturally are good to ourselves and others, and that leads to more awareness of who we REALLY are. Focusing on what really makes us happy and at peace automatically brings everything else...so step over the silly excuse that you don't deserve it and just remember, you have to be your best to give your best to the world...peace is part of the best you.

Now, about how to get there. Start with just thinking about what you're doing every day. Are you filling your day and your brain with electronic noise, distractions, and pointless things that are NOT helping you find peace? Are you numb to your feelings and your thinking? Are you allowing negativity to hang around? Are you in a robot, suppression mode? Why? Why are you so mean to yourself? You can't possibly hear your heart through all of this! STOP! Get rid of the noise, especially the TV. What GOOD is it doing you anyway? Is it teaching you to love yourself more? Doubtful. Try your daily routine and holiday tasks WITHOUT a TV, radio, cell phone, computer...none of it. Even just for a little while. Ask yourself, "What would I really like to do to let my REAL self out a little? What can I do to remove something negative in my life? What would bring me peace and fulfillment? What really makes my heart skip?" Then, LISTEN. Listen to your heart, and your heart only. You know when it's your heart when it feels warm, happy, confident, and excited. You know when it is NOT your heart talking when it's critical, judgmental, mean, negative, hopeless, or icky in any way. (That's the lies of our warped fears from the areas of our real self that we've been neglecting. We are suffocating certain parts of ourselves that really need to be let out. Instead, we let the bully that's holding them hostage talk and we listen to them! So STOP!) Listen to your poor, MUFFLED heart that's trying so desperately to be heard through all of this noise pollution! Turn away from the noise, inside and out!

Then, DO SOMETHING DIFFERENT! Do something your heart wants to do! Whether it's stopping self-destructive habits and actions or finally taking the time to do something that will make you feel great, it doesn't matter. (Idea: Share the joy of volunteering or giving with your family or friends!) Start SOMEWHERE! This is the perfect time of the year to start this!

Don't even try to tell me you can't find the time...that is a silly excuse the bully inside you makes up! Seriously, cut out an hour or two of TV and use that time to get something done so you do have the time! Find a church or service and take yourself and your family. Oh my, ESPECIALLY YOUR KIDS! SHOULDN'T YOU BE TEACHING THEM HOW TO FIND PEACE? Isn't that the most important job you have as a parent? If you don't teach them, who will?) Just GO! Go, sit, and experience about an hour of peace. Let your kids look at the beautiful decorations and nativity scenes. EXPLAIN to them that God loves them more than anything, and so He sent Jesus to teach us how to love, and that is what we celebrate this time of year. LOVE. Get rid of all your silly excuses and just go. Your kids will remember, and no matter what, they will make their own choices as they get older. You want them to have a strong base for making those choices, don't you? You want them to know how important they are to God and to the world, don't you? It will make you feel GOOD as you remember, God wants this for you. God wants this for every single person. If you don't know this by now, LET yourself go to services and LEARN.

Life will inevitably be rough at times, but if you just remember that God is always there with you, you will feel the peace. You don't have to know how to get there; you only need to want it and to allow it. Learn alongside your children; let them help you find it again...they are much more open and less tainted than we are. :) Learn together. Your heart will feel full knowing you helped them learn how to find peace, no matter what, especially during the majority of their life when you can't be next to them. God=Good. God=Peace. Let yourself learn and grow and experience this, and you'll never go back to your "noisy world."

Snuggle Yourself & Your Loved Ones in Peace this Season and **Merry CHRISTmas!** ~Mary Anne

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