

What's With All This Pain & Suffering?!



I'm sorry, I just have to say it out loud. What the he** is going on? Shouldn't we be EVOLVING as a world, not deteriorating? Yes, I am an Optimist, but we can't argue with the stats that more people are getting sick and dying, more world struggles are occurring and yes, the whole planet is slowly dying! I'm not paranoid; I know I'll be just fine, no matter what, but lately, it's all I can do to watch people struggle, usually unnecessarily, in my mind. So let me take you into my mind, for a few minutes, if you like . . .

All our man-made medicines and apparatuses are NOT healing us, for the most part. Hey, technology and science is great, but people just aren't taking the time to THINK for themselves, in my opinion. If they did, they would KNOW some things just don't add up. Like if all the money and resources we're pouring into our overwhelming health issues was effective, WHY do we know so many really sick people and people taken from us by a common illness? Now, don't get upset, thinking I'm referring to ALL modern medicine; some is wonderful and safe, but you have to admit, the majority does more harm than good, if you get ALL the facts from an unbiased source. That requires you look at everything, from all sources, and do your OWN THINKING!

Apply it to anything in your day. Is what you're eating safe? Are the gadgets and appliances you're using safe? REALLY? How so? Because the person getting money for them says so? (This includes the government—they get a cut too, remember.) WHY ON EARTH would someone admit that there's a risk it could kill you? They know that would discourage you from spending money on it! Sure, there are some with a conscious out there, but they pretty much have to walk away from the selling side or desensitize themselves, altogether.

And let's talk about desensitizing, for a minute. Most think they have to not have any sensitivity or conscious or even, any brain of their own to "fit in" to this world. They don't want to be different or have others not like them. So what do most people do? They lock up their heart tight, most of the time, and tell it to be silent! Why? Because the heart & soul KNOWS when something's not right for you. Not healthy, not ethical, not logical, not part of the TRUE YOU. Seriously, what a sad world we live in, when we don't let ourselves be our TRUE SELF! It's the ENTIRE REASON WE WERE BORN, and we literally waste our life, when we don't let our real self out!

This is the UNNECESSARY stuff that just kills me. Someone will fill you in on a struggle they're having, like a health issue. They've been to the doctor, maybe many times, but no healing is evident and they're getting to the point they are worried they will always be sick or that they could even possibly die from it. Yet, they continue to look for answers in the same way, usually by going to the usual medical doctors. Does that make sense? If you took your smartphone back to the same place over and over again, just to have it not work, over and over again, wouldn't you maybe look at another phone or even another dealer, eventually? WHY don't we do THAT with our health? Moreover, would we just let our smartphone sit in a drawer at home and never use it again (let it die slowly and NOT replace it)? WHY do we do this with our body, then? No, we can't replace our body, but we CAN replace what we're using in and on and with our body! We CAN go to a different kind of healer or modality or thinking for healing! What's stopping us?

Oh, we don't want to be different or we don't want to change. Maybe deep down, we don't believe we are capable or deserving or maybe we think suffering is GOOD? Again, does this make ANY sense to you? So what

is my magical, wonderful solution? STOP! THINK! LET YOUR HEART OUT, FOR GOD'S SAKE! Re-learn to listen to it! IT HAS THE ANSWERS AND IT KNOWS! How? It's so easy! Take a moment to THINK whether an honest, deep thought you have is making your heart hurt or feel cold or scared or doubtful, or ANYTHING negative. That's telling you it is NOT TRUE FOR YOU. It is telling you, that's NOT THE RIGHT WAY! Now, if you feel just the opposite, like warm, growing, loving, full, happy, excited, hopeful, strong, or ANYTHING positive, it's the joyful message that it IS your true self and a path you are destined to follow! Let's take an example, now.

So many people I love do very little or nothing about a health issue. They seem to enjoy the pain, attention, or conversational matter it brings. You hear every excuse, from, it's just age, or it's hereditary, or my doctor said I'll just have to live with it, or no one knows how to fix it. There's even worse excuses, like old beliefs that haunt people to convince them suffering is deserved or required for forgiveness, or good because it means less suffering later, or that one person's suffering means less for others or advancement to something better? Or, "It's just how it is!" Am I the only one that feels ill just thinking of how crazy this kind of thinking is? You can't tell me that any of this thinking makes the thinker's heart GLOW?! I know it makes them feel bleak and hopeless and alone. I KNOW they are NOT remembering to listen to their heart!

I KNOW GOD is an all-loving God that truly doesn't want ANYONE to suffer. He loves us completely, even though He knows exactly what we're thinking and doing. He ALWAYS forgives us and wants us to do the same. He created us in and of DIVINE LOVE; anything else is our illusion or the result of our free will, including the choice to continue suffering instead of changing a thought or action of taking care of ourselves. NOW, sometimes suffering IS intentional, as a way to learn and get through to another milestone in our life, or to help us to forgive ourselves and make up for something we feel we need to in order to forgive ourselves, but I think we truly can reach that place without suffering too, if we proactively worked on it. See, everything we do (or sit back and don't do) either helps or harms us...there is no "nothing" or "neutral." And then that radiates out to everything and everyone around us, so even if we don't feel WE deserve to be healthy, we should still strive for health of mind, body, and soul because whatever we are pours out onto everyone else.

That's the facts, in my mind, people, because that's what makes my heart feel strong and warm and true. I encourage everyone to un-learn thinking solely with their head and moving it back to the most powerful, truthful part of our being, our heart, and just see the miracles and HEALING that occurs. I am a little passionate about trying to help myself and others remember this, after going through the vicious cycle for almost a two-year run, myself. In fact, there are great things brewing on my horizon because of it, and I'm so excited I can hardly wait! My heart wants to take off running after it, which is an incredible feeling you just have to try out. You'll rarely slip back to not wanting to do your own thinking, ever again! ~Mary Anne

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