

: (**When It Just Won't Go Away!**

I think I can cover the whole gamut here, of major weights that drag us down, and seem to never go away:

- Frustrating or harmful relationships (often unbalanced because you give more than the other person)
- Self-defeating habits or ways of living (from the way you don't take care of any of the following: your mind, your body, or your spirit)
- Memories of things or people to the point it obstructs the present or your future
- Illnesses and any kind of physical problem, including extra weight
- Random, unfortunate events, bad luck, or people being anything but kind

Sometimes, it's just too much, and we feel like a sitting duck with our feet sealed in concrete with our hands tied behind our back out, on a major freeway, just waiting for anything that comes by to hit us! The human side of us will want to pretend there's nothing more than what we see on the surface going on, and it often persuades us to allow it to hammer on our self-love. **DON'T DO IT!** It will only prolong the process, I assure you from my own experiences! And if you do tend to feel this way, don't badger yourself for "failing!" We all have to learn, somehow; the key is to **LEARN, and LEARN FAST!**

I will tell you though, being human, I still spend time in these pits, but I'd like to think I recognize it a little sooner, all the time. As soon as I acknowledge what's going on, I remember that if I reconnect the dots of who I am, I can resolve anything. We are made up of more than just our mind alone, or just our body alone, or just our spirit alone. The three of them were made to work TOGETHER and **THAT'S WHERE YOUR POWER LIES!** Moreover, once you get that the three of them are connected during your time on earth, you start to remember that you are also connected to a higher power (God, in my book), forever; **CONNECTED ALL THE TIME**, no matter how much we choose to deny it, sometimes. **CONNECTING THE DOTS of who you are is the most self-loving, self-respectful, truthful thing you can do; therein lies all the answers to your pain!**

But our ego (or our demons, lies, disconnectedness, or warping from the outside world) would have us take a different route, out of habit. Our dark side prefers we honor it and rot forever, if it had its way. It urges us to strike back against others, life, and sadly, even ourselves. Ignore the spirit, it shouts! Destroy your body, it pleads! Give me control of your mind, it demands! **YOU ARE ALONE, it lies!** Its army consists of shame, guilt, regret, pain, anger, grudges, competition, or any of the lower energies that make us feel awful about ourselves and awful about life.

This army of harmful energies convinces you to feel helpless and alone, to pity yourself, to hold past memories in the present, to worry about and fear the future, to compromise your values in exchange for something, and to set yourself up for failure because of your fears, especially of change. Basically, you don't spend your day feeling the way you'd REALLY like to feel, instead you feel like you're at the mercy of anything that comes by next. **You've given up. . . on yourself, the worst betrayal of all.** : (It feels like SH**, doesn't it, even if you do it for only a moment or two? In my opinion, that's where all the crabby, mean, depressed, judgmental, self-destructive, and abusive people come from. They've given up, first and foremost, on themselves.

I know all this is giving you an icky feeling, and if it has, there's hope for you! **IT IS THAT AWFUL and IT IS HAPPENING ALL THE TIME, sometimes, TO YOU!** The faster you identify it as such, the faster you can change all of it, yes ALL OF IT! Remember, you only need to take care of yourself and the positive effect from that radiates out to everyone else, even if they don't acknowledge it, still affects them in a good way! **So really, all you have to do is CHANGE THE WAY YOU LOOK AT THINGS, starting with KNOWING YOU ARE COMPLETELY CONNECTED, to all three parts of yourself, all the time, AND TO A CONSTANT LOVE OF A HIGHER POWER. ALWAYS! Use the power of this knowledge!**

Some quick tips that work for me:

Recognize when the Ego's Army has arrived and instead of letting them take over with the crappy feelings, realize there is **MORE TO IT** than what you are seeing through your murky lens!

Remember that **EVERYTHING, BUT EVERYTHING, HAPPENS FOR A GOOD REASON and AT THE PERFECT TIME.** There is a greater lesson for you to learn, a higher part of yourself to discover, or something bigger trying to come to you, in ways you could never, ever imagine!

Trust that **God knows what He is doing**, no matter how backwards it may seem at the time. Ask Him to help you understand the gifts you are receiving, as soon as you can comprehend.

Realize **you are a loving being**, and more capable than your human mind could ever fathom or allow. You were created in love and for love; you are here for higher purpose of yourself and others. It's far too much for us to understand in our physical form, but our spiritual side knows there is much more to all of this! Allow that thought to stay first and foremost in your mind, at all times, and you'll start seeing things you never saw before, no matter your age or life experience! Don't brush it off; don't let the ego convince you it's not real!

Believe that even when you think you're ready for something, like the start or end of a relationship or a major change in your life, you are not being denied it, if it doesn't happen according to your schedule. Most likely, all the pieces are not quite lined up out there just yet, to give you exactly what you've been asking for. It's not always just about you; sometimes you are there to help another learn something about themselves, but mostly, it's for both of you to learn. **To walk away without regrets, I personally need to feel like I did all I could in a way that was not self-destructive to me.** Honesty and love have power you wouldn't believe!

Almost always, God waits for me to realize I've been lacking in self-respect or self-love (again). (Man, is He patient!) I've tried everything there is, I think, from demanding others give me what I want, to just sending out loving, honest thoughts to others. Just guess which one works better and faster? Force is never the answer. **Love is always the strongest, for both you and everyone else.** Force may satisfy your ego temporarily, but love connects mind, body, and spirit and satisfies the heart, and that's permanent and it allows you to move forward! You know you're giving yourself love when your heart feels warm and full, and that's always the way to peace.

God did not put me on this planet alone, therefore, **I am not meant to always conquer my demons alone.** Personally, I pray for awareness of where God is guiding me (I ask Him to hit me aside the head with it,

because sometimes, I'm a little slow!) I go back to things I've learned and I try to stay open to new perspectives and learn from others (good, bad, or unknown) and if my heart is drawn to a person's words or actions, I try to take the time to draw out what part of it was meant to help me. There is a benefit to you, in every single interaction and thought, but I know I miss it, most of the time. I have to keep reminding myself to stay alert in the present moment and so I can see it!

Sooner or later, if I just get back to recalling that I'm here to learn and grow, mostly in divine love for myself, God, and others, I start to see things clearly and I pick up the slack where I haven't been giving myself a chance to stay in the higher energies of love, joy, appreciation, peace, and everything that makes my heart glow. Almost always, I am released from the person or situation as it miraculously resolves itself. **The teacher (sometimes in the form of a situation) always appears when it can bring us something our heart desires, and can leave once we've mastered the lesson.** Do yourself a favor. Learn the lesson and let the struggle disintegrate. If it shows up again, you'll know what to do, just don't lose heart because it's just there to be a quick refresher you probably needed to grow your confidence. Treat it with love and never stop being amazed by the all-conquering power of love! Remember to love YOU—ALL OF YOU! ~Mary Anne

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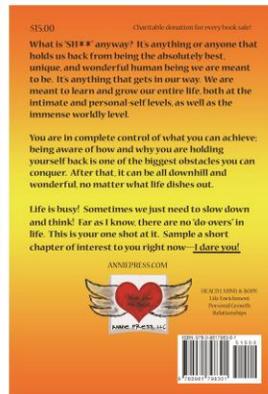
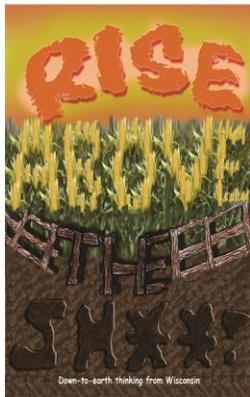
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