



When to Call it Quits!

I've seen enough in my day to be a firm believer that there's a divine goodness in everything. In other words, there's a reason for everything. I believe this is especially true in the really hard things in life. When you get to the point of feeling like you just can't take it anymore, I say it's okay to call it quits.

While there are endless possible reasons for our pain, I think one of the biggest reasons for the pain is to try to force something to change. I think we all can agree that without some uncomfortable things that have occurred in our life, we would never have gotten to where we are. Not only can it shift your whole life around, but it moves other things and people around as well. But the biggest thing it does is change YOU, with or without your permission! If you can be honest with yourself, I know you realize that something in your past that you didn't like deserves the credit for something wonderful you discovered in yourself. You GREW because of it, or you shifted your life, or the people in your life, in some way. You know this!

Hang on to this reality when you are frustrated with the biggest challenges in your life. What IF it's just trying to help you CHANGE your thinking, your direction, or help you in some way? I know how harmful worry and stress are, so I use the following prayer a lot:

"Okay, God. I don't know what to do and I'm not sure I can get through this. I don't understand this, but I trust you. I know you know what you're doing and that you love me and want me to be happy, more than I could ever understand. Carry me, help me to get through this and if it benefits me, please help me to see the good in all of this, as soon as I am ready. Thank you, God."

Most of the time, once I accept what's going on and give up trying to control it, I start to see things I didn't before. As my perspective broadens, relief seems to start appearing, like magic. Something new comes in, kind of like when a woman gives birth. Fighting the pain and the natural process that must occur only makes it more difficult, but once accepted and working with the process, it seems the new life can finally emerge, and instantly, most of the pain is gone. Sure, there may be some additional healing that continues, but you hardly notice it, in the joy of the new life; it was all worth it! It's the same way with any struggle in life.

So "just surrender," or "give it to God," or "let it go," but do we really get what that means? To me, it's very simple. If something's not working, look for another way; another option, another path, another perspective. GIVE UP what is not working! Sometimes this means giving up trying to figure it out or to just trust it's going somewhere good. Sometimes, this means letting go of people, or letting go of the *type* of relationship you wanted to have with them. The truth is, you were born alone and you'll die alone, so there is no one person that you would die without. It's just you and your Maker, really, when you get to the very bottom of it all. Other people are necessary to help us learn, yes, but when the learning is over and all that the relationship brings is harm (versus help) it's time to let it go, at least to the dynamics of the relationship you had in mind.

Once you really release whatever is burdening you, the new, wonderful thing can start to emerge. Sometimes it comes in slow, at the pace *you need*, but don't be surprised if mountains seem to move overnight! Even in people or situations that you were hitting a brick wall with, they change so drastically that you can't explain it. And when it doesn't change, it's your blinking sign to move on! Maybe it's completely, or partially, but you'll know what you need to do. Whatever's good for your heart and soul is always what's good for others too, especially in the case where you're enabling someone's lack of growth because you just kept putting up with it.

No matter who they are, or how afraid you are of losing them forever, follow in your heart what you know is best; LET GO, so that something new has a chance to come in. Don't waste your time analyzing or trying to control it, just continue to let it go and heal yourself, and appreciate the whole reason for original struggle. **TRUST!** Apply this to everything, from issues with the body, the mind (and emotions), and the soul/spirit. It all works the same. Death or destruction allows life or new growth and rebuilding, stronger than before. Out with the old, in with the new, because sometimes, both cannot occupy the same space!

Let me give you an example from my life. 2013 and 2014 were the years of big health struggles for me. Looking back, I'm not surprised, since I sped through several major life changes, on all levels. I had a little bit of everything going on and no one doctor could figure it out, so I just kept looking for answers online and seeking out other doctors, especially the natural healing doctors. What held me back was not going INSIDE myself enough to embrace my emotions and work on healing those, even though I'm a firm believer that we heal from the inside, in this way. Maybe I wasn't ready and maybe the time that passed had to, for some reason, but as I allowed myself to look at how I felt about everything in my life, the perfect healers started to drop in my lap.

First to come were those that could help me release and heal my emotions; that big stuff took me months and months, as I am still human. But then, once I got to the end of my rope on the things I couldn't work through, I decided to just let go of a couple of relationships and beliefs, finally realizing maybe that was what was best for me, despite how much I thought life wouldn't be worth much without them. Grieving, I was just honest with each person, and let something with them go, telling them I had tried everything.

Then, BAM! A friend called to tell me about an almost-free opportunity to see a few spiritual healers, and I let her schedule me with all of them. I was floating on air when I left those sessions and not coincidentally, those relationships I had let go changed for the better too! I also had new hope that I'd get to the bottom of the lingering health issues I still had, with nothing but tests showing hints of a Lyme's Disease band and some autoimmune stuff that was stumping the MDs. Next, I walked into a Health Fair one day, that happened to be across the street from a meeting I had later that day and BAM! A wonderful Eastern-Medicine Professional told me I had Lyme's Disease and that he could easily cure it and my allergies, etc. as well. We all assume helpful people like this are going to take all our money, but I went to him and I can assure you, he does it all for almost nothing! I got a fast education from the Eastern-Medicine Pro that Lyme's Disease is VERY common, VERY contagious, and often behind many other health issues, and my entire family could have it. He brought this up and recommended everyone be treated at the same time to avoid re-infection.

Just like that, my boyfriend with the massive joint aches, my son with the stabbing pain in his abdomen that the MDs couldn't figure out, and I went to get our allergies and possible Lyme's Disease cured. And BAM! For

almost no cost, we all walked out of there with not only cures for the Lyme's Disease and multiple food allergies we all had, but bonus healings on organs, foot pain, my thyroid, and simple things we can do to STAY healthy in the future. I should mention that just days before, thanks to a new friend of mine, I ended up at a "Healing the Thyroid Naturally" presentation where that Naturopathic Medicine Expert assured us that with the proper nutrition, even my thyroid could re-learn to function on its own, despite the 40 years of neglect and abuse. This has been my dream, and when this Eastern-Medicine Pro echoed what I had just learned a few days ago, I was elated! And to think, all I had to do was release my struggles. . .

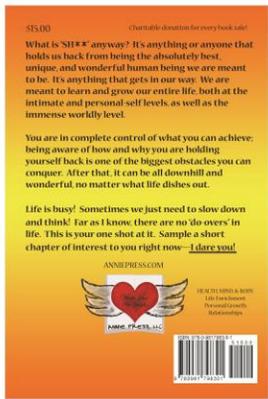
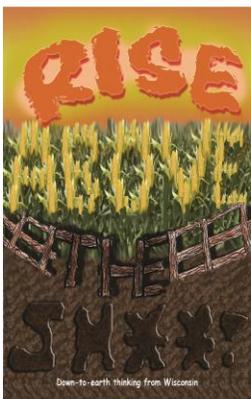
So don't be so attached to your old ways or your old life. We are meant to grow and learn our entire life, right up to our last breath (and probably beyond, but we'll just focus on this life!) If we're not, we're dying, aren't we? And so, we will suffer a slow death as long as we fight it. Me, I'm not into pain, and so I try to stay open and aware and embrace it, saying, "Okay, I know there's something good in all of this; what do I need to know, learn, or do differently to get to the good stuff here?" There's so much to learn! And while I don't always remember this, my desire to remember it usually brings something about to remind me of this very simple design, and for that, I am so grateful.

The other big thing to remember, is that suffering is not necessary for us to learn. I just need to make more time to take care of myself and my life, in all aspects of mind, body, and soul, and allow myself to learn the easy way. That way, life doesn't have to present the challenges to force me to learn what I'm missing, or if it does challenge me, that I don't struggle as much, but instead, simply allow myself to learn! God help me learn the easy way!

~Mary Anne

"Raise \$1 million for charity while making the world a happier place!"

-Mary Anne, Author
RISE ABOVE THE SH**!



More FREE notes and book info at:
ANNIEPRESS.COM

Find Mary Anne on Facebook through
email search: Facebook@AnniePress.com

Tell every Teen you know about



-  Make life incredible, no matter what!
-  Raise your eyebrows and your standards in life!
-  Considerate gift for anyone 13 years & up!
-  We donate funds to charity for every book sold!