

WHERE ARE YOU?

Where are you? Who are you pretending to be? Why are you hiding? How long do you plan to live this way, and deprive the world (and especially those immediately around you) of the REAL you? :(Isn't it time to find the REAL YOU? Hasn't life been hard enough, already? REAL is easy. REAL is fun. REAL is peaceful. REAL is fulfilling.



Trust me for just a moment or two, and read on, please. I know for a fact that we need the REAL YOU...every bit of you.

When we allow ourselves to be our REAL person, life is incredible. You wake up happy and excited for the day, even if it is a work day. You learn to forgive yourself of anything you may have said or done, before this moment in time, because you know it doesn't matter anymore. You don't worry about anything ahead of this moment in time, because you are assured that as long as you TRY to be your true self, everything will be just fine. It doesn't bother you what other people say or do to you, since you know that anything negative they do is really an issue they have with themselves; it's not really about you. You think I'm dreaming or out of touch with reality? It's so ironic, because just the opposite is true; anyone that is hiding from their true self and their real life is truly not awake and not really present in this real life.

It took me years to wake up—40-something years, sadly, but I don't beat myself up for that. There's no point, since something I did even yesterday doesn't have anything to do with today. Today, I have full control (as I always do) to be and do whatever I want; we all do, we just don't always realize it. Instead, we follow what the rest of the world is saying or doing. We seriously ignore our heart, our soul, and think we need to do and be whatever the majority thinks. Tell me, what would you rather be? "Right" according to the miserable world that couldn't possibly know who you really are, or "Right" according to your heart, which brings you peace? Why ignore your heart—the only holder of your truth?

We think that if we get cancer, we need to listen to the medical statistics and accept dying before we really want to. We think we have to spend the majority of our day doing things we don't want to do, with people we don't want to be with, with tons of stress and worry in our lives. We think we have to be that mean-and-in-control parent or boss or customer. We think we have to put all of our dreams and desires on hold until "later in life." We think we can't find God or anything good, the majority of the time. Sound familiar? HOW LONG DO YOU PLAN TO LIVE THIS WAY?

And WHY are you living this way? Maybe you're just a little lost, like I was--lost in the thinking of the world? Maybe you stomped out the truth of your heart because the rest of the world didn't agree, like I used to? Are you happy? Are you really, really happy? If not, I challenge you to WAKE UP! Come back to reality—I mean REALity, not using the negative definition the world has given to the word, referring to pain and suffering and disappointment! Doesn't it just make your stomach turn, that REALITY is accepted as a reference to something bad? It's so backwards and so untrue! I know, because I am truly living in the REAL WORLD, which is miraculous and joyful, every day I choose this...really, it is!

So first off, please stop punishing yourself, thinking you deserve the crappy life the world likes to create. I don't care what you've ever done, BE DONE WITH IT! It really is as easy as just deciding you are done suffering and you are done making others suffer. Every single moment, you choose one way or the other: You choose to make life miserable or miraculous. Tell yourself, "I choose to make life miraculous!" I mean, WHY NOT? What have you got to lose? You can't lose yourself any more than you already have, can you? If you feel you owe people something to make up for what you've done, well then do it, if it makes you feel better. If they're no longer around, then help someone else. Do whatever you need to, to feel like you've earned the right to stop punishing yourself. You know, I'm going to talk about God here for a second, because nearly all of us do believe in Him. I do, so I really don't care if this article offends that one person in a million that doesn't want to hear God's name—I choose to be my REAL self, and any respectful person would not be offended by that.

God tells us over and over again, "I forgive you, no matter what you've done." God loves us, UNCONDITIONALLY, as His beautiful children. He created each and every one of us to live this life for two reasons: To help us on our journey to find our REAL and TRUE SELVES and to HELP THE WORLD. All you need to accomplish both is to let the love of your heart OUT. First and foremost, you have to direct that love at yourself, remember you are human, and FORGIVE YOURSELF! If God forgives you for everything, you need to follow His example and forgive yourself too, however you need to do it! STOP HIDING! STOP WASTING YOUR LIFE! Don't die with regrets; don't choose to live with misery! Say this now, "I choose to live with miracles!" God is always right next to you...well actually, He's WITHIN you; He is part of you. But there's not a darn thing He can do when you choose to stumble through life without Him. His mind-blowing gift of free will requires that you ASK HIM to be part of your day, and part of your life. In order to ask Him for something, you need to be very clear on what it is you want, and why, and then, "Ask and Ye shall receive."

This ask-and-receive thing is in place ALL THE TIME, not just when you ask for good or happy things. Be warned, that if your brain is always full of worry, stress, sad or bad thoughts, lack of desire to get up and live a new day, focus on illness, lack, or feeling like you don't deserve things, guess what you'll get? You will get whatever you think about. Free will gives you the life you ASK for. Please choose your thoughts wisely; ask God to guide you and help you stay on top of them! I can't do it without Him, and I do have miracles in my life, every day I do this. For me, it's the only way to live!

So back to finding the REAL YOU. Oh, I hope you give it a try. . . I know for a fact, the world absolutely needs you to do something big in this life, or you wouldn't be here, so please do yourself the favor of forgetting everything the world ever told you, and start asking your heart for its opinion. It'll never steer you wrong, and it will always take good care of you. There's more on all this in a short video I shot, on a new website I'm working on for Teens. Click on the link called, "You Are Here For a Reason" in the upper-right-hand corner of this page: <http://teensriseabove.com/>. Even though I'm addressing Teens, it applies to everyone, and if nothing else, I'd love your opinions—any opinions.

My first book, **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin**, also gives tons of ideas to overcome any SH** that's been keeping you from being your true self, and there'll be lots more in the book I'm currently working on. I learn more every single day, on how to listen to my heart and soul, and it brings me nothing but absolute peace and all the great things that come with it. Just when I think life can't be any more miraculous, something even better happens, and I remember that I'm just getting started with all this life has to offer, when we strive to be our real selves. God has put us in paradise; only we create the hell some of us live in. Choose miracles, not misery. The world is waiting, and the world absolutely, positively NEEDS THE REAL YOU. Please take advantage of everything I've learned so far with all the free reading you want. My book is available at a lot of libraries, and I'll gladly donate one to those that don't have it. There are lots of free notes like this on my website, AnniePress.com, and lastly, you can friend me on Facebook

through the AnniePress.com site, and message me with your comments and questions. It all helps me, so I appreciate all feedback and inspiration! So glad you're here, and I'm thrilled for the life you will start living now!

With love, Mary Anne

More notes and book info at: ANNIEPRESS.COM

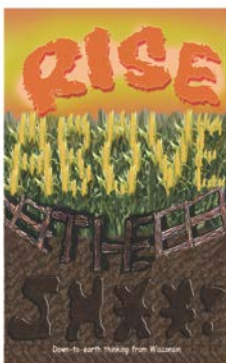
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Tell every Teen you know about:



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

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



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