



Why Am I So Happy?

(What's Wrong with Me?)

People ask me more and more, these days, "Why the heck are you so happy all the time?" I'm glad somebody said something, because I honestly hadn't realized it was that noticeable. Then again, I do know that everything about us, absolutely affects everyone around us. Just knowing this helps to keep me in check. In fact, I'm hoping that most of us would rather leave a path of light for others, as opposed to a path of SH**, wouldn't we? Keep this in mind, as you move through your day!

So am I on something? Is it a man in my life? Is it money? No, No, and Nope! We know those things can never make us deep-down happy. They might distract us for a while, giving us the false impression that we are escaping whatever makes us unhappy, but they really don't; we still know there's a big piece of us missing, without that soul-soaring happy.

I set out to find that big piece I felt I was missing. I just knew there had to be more to this life. In everything I've ever known about how loving God is, I just couldn't accept that I was here to suffer so that I'd be ready for something else. Does anyone that loves anyone want to see them suffer? It's just the opposite, isn't it? Love is about happiness and fulfillment and peace, and that's all God is: Love.

So all I did was pray and ask, "What am I missing, and what is this life really for?" In God's only style, I got way more than I can still comprehend. The wheels of life started turning, big time, because I had finally allowed them to move. Yea, I feel a little slow, taking almost half my life, but I am human, and better late than never, right? Inspiration and understanding of day-to-day challenges came so strongly that I was pretty much forced to share it in the form of my first book, **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin**. If I could save a few people a few years of trudging through the crap, I would feel better about starting so late in my life, I think? Besides, it hit me aside the head, as the answer to all my immediate dreams, so I had no choice.

The more you open up your heart, the more you want to learn about yourself and your life, only because it feels like what I think heaven must be like. Once you get a taste of this, you will do whatever it takes to avoid going back to the old way of living; the old way of living feels like a past life, and maybe it is? Can you imagine the high in leaving all fears, hurts, pains, and unhappiness behind for good? It makes anybody happy enough to almost etch a smile right on to your face! I'm elated to know that my excitement over life is showing. For the first time in my life, I don't mind a little attention. For the first time in my life, my urges to share what I do to be happy are stronger than any fears that wanted me to hide from the judgment of others, the first half of my life. I know that helping even one person find their happiness is worth it, because that one person will impact many others in a good way, including me, somehow. I tell ya, happy and at peace is where it's at!

So I continue to write about what I know, I'm starting to do more public speaking to share what's in my heart, and do my best to get people thinking with these short articles. So let's use the big trend of all the "CLEANSES" to summarize the key things that I think help me. Now any little thing you do helps, and the more you do, the happier you will be, so you decide where to start and how much you will allow for yourself...we all have our own pace. If you aren't happy every day, it's a sign you need to pick up the pace! You aren't getting any younger. Age alone won't kill you, but lack of cleansing will get us all, eventually...so let's get started, keeping in mind that all of these things are connected to each other, so they all work together and absolutely affect you, no matter how much you want to deny it. Cleansing helps

you remove the layers of junk to get closer to the real you. The more you are being the real you, the happier and more fulfilled you will be—it's that simple!

CLEANSING OF THE MIND: How much of what's in your head are your true thoughts, and how much was put there by someone else? If it warms your heart and makes you feel at peace, it's yours; if not, it belongs to someone else and needs to go. It's not part of the real you. There's a 15-minute video on my TeensRiseAbove.com site that explains how to tell what belongs to you. Just click on the words, "You Are Here For A Reason" in the upper-right-hand corner there. Also, the RISE ABOVE book is all about thinking through the things that are probably someone else's thoughts and about creating your own thoughts on all the common things we stumble on, in a typical day. Yes, you do have full control over your choices and your life, and no, no one else is to blame for where you're at. Accepting responsibility for yourself is like a major power-washing of that gunky window you've been trying so desperately to look through.

Every day, stay focused on what you want, never what you don't want, especially anytime you are lying in bed. List off what you're grateful for. Imagine yourself living your dream life, feeling at peace with everyone around you, in the present moments. What would you and others be doing? How does it make you feel? Even when something blindsides you, replace any negative thoughts you have with positive, understanding, loving thoughts; you are damaged the most by your own negative thoughts, so clean them out!

CLEANSING OF THE BODY: Thoughts that belong to others dump crap into our heads: "I'm not worth it," or "it's too hard or doesn't matter," or "it won't kill me—it's safe," or a whole assortment of excuses for not taking better care of ourselves. Truly, the source of the reason we don't take care of ourselves is connected to lack of self-worth, which again, comes from other people's thoughts, not our own. The fact that you were born makes you deserving of everything good. If you have even a smidgen of the self-love you should have, you will automatically take better care of yourself. Every little bit of putting less bad stuff in, and more good stuff in makes a huge difference. No brainer, right?

It's so bad in this country, that lack of proper maintenance of our bodies is the #1 cause of death! It's very hard for me to swallow, some days...all we have to do is apply a little common sense to what we do to the only vehicle that will carry us through our lives, in the physical condition that allows us to enjoy the years we have. So, doctors literally save us at several points in our lives, but please realize they are not personally responsible for your health, only about 10% of it, if that. The other 90% is for you to take care of, because again, no matter what you have going on, your body is a miraculous machine, created to heal itself when it is properly maintained. The problem is, the majority of us downright abuse our bodies, because once again, we don't make the effort to think things through and we let the rest of the world tell us what to do. Guess what? A lot of the rest of the world is warped and doesn't care if something is making you sick, or even killing you, if they are making a buck off of it...really, they don't. So why hand your life over to them?

Breathing: There's a reason you keep hearing about taking deep breaths and I highly recommend we all do it, as many times a day as we can remember. Not only does our body need more oxygen to combat all the crap in our bodies, but stress and everything else has us forgetting how to breathe. When you breathe in, does your belly expand outwards on all sides, and push up your diaphragm, chest, and collarbone? When you breathe out, do you squeeze your belly button into your spine? Can you control and hold the flow of air? If not, you are probably depriving your body of clean air and cutting years off of your life, for real. Cancer and disease relies on lack of oxygen in the body, and we are handing it right over. This aspect of a good yoga class was my sole motivation to finally getting into yoga; I recommend going to an instructor that helps you re-learn how to breathe and coaches you through breathing along with the movements.

What We Consume: I have an assortment of articles now, explaining why so many common foods, drinks, medicines, etc. will shorten your life and even kill you. Seriously, where do you think illnesses come from, when a healthy body is designed to tackle anything it's exposed to? Poison the body directly, or by not giving it anything close to the nutrients it

needs and it'll run like a car you are fueling up with sand, water, or anything other than good fuel. Remember, the fresher, the finer, the more processed, the more poison. Please look at the organic options when you shop to minimize the poisons! Please take a look at the carb and sugar content of everything (it'll surprise you!) and remind yourself that cancer and most diseases thrive on the excess glucose and acid in the body! Regarding actual drastic cleanses though, I wouldn't personally shock my system with most of those; I can't believe it's good for the body at all! Listen to your body!

What We Absorb: Remember that your skin is full of holes and is a major entrance into the body. EVERYTHING you put on your skin is absorbed into your body. Very few of these things are without toxins, including lotion, soaps, shampoos, makeup, cleaners, detergents, etc. Realize it is another battle for your body to constantly fight, along with the unseen energies of negativity, electronics, etc. I believe it's not usually one thing on its own, but the combination of all the toxic armies that eventually wear a weak spot into our bodies. Eventually, the body just can't detox or repair itself fast enough and we manifest a health issue to force us to pay attention to it, and ideally, to change something to give the body a fighting chance. Listen to your body. Listen to your truth. You can change what you're doing immediately!

CLEANSING OF THE HEART/SOUL: Every day, I try to pray that I keep myself open to everything God sends my way, so that I can learn more about myself and have a positive impact on others. I ask Him to guide me and keep my awareness sharp, so I don't miss anything. (I ask Him to hit me aside the head, and He often does, but I have to laugh—He's got quite a sense of humor :) This requires learning and growing and healing and forgiving and understanding and compassion, just to get started. It does require effort, and bearing one's soul often digs up pain and fear that was buried long ago, but relief comes quite quickly when we embrace it and heal the deepest scars we have. Moving through it brings peace and courage, and honestly, is much easier to live with than the unhappiness I felt I couldn't control. Fulfillment comes as we start to realize how amazing we really are, when we do our best to lead with our hearts and shine with our souls; it's truly the only thing I believe we're really here to do. There are countless ways to actively acknowledge this critical piece of you; any positive learning or activity or people will move you closer. Remind yourself that any little positive thing you do for your mind, body, or heart/soul is an expression of self-love; practice, practice, practice! I ask for guidance daily through prayer, meditation, nature, learning, and mindfulness, knowing everything and everybody happens for a reason.

Above all, I strive to live as many moments as I can in "Never, Never" Land.

NEVER listen to your ego/fears/doubts/lies/mind viruses over your heart and true self, and

NEVER take on anyone else's SH** (in the form of thoughts, limitations, judgments, beliefs, feelings, etc.)

Basically, if something or someone is not nurturing your highest, loving self, consider doing some cleaning...remember, everything is affecting you in a good way, or a bad way, at all times, so use your free will to CHANGE your life now. You are losing valuable moments that you will never have again. Every day, you are one day closer to the end of your life here, I can guarantee that! Any fears you have of change are only from not choosing to live in "Never, Never" Land, as I've explained above. The real truth is, CHANGE allows you to move forward and to grow. I think of CHANGE this way:

"Choose Happiness And Notice Good Everywhere"

The good is there, everywhere...a little cleansing will help you to see it more clearly every day, until people start wondering, "What's wrong with you? Why are you so happy?" Yea, you can't help but smile at that, so smile and be happy, and as a day with my friends Jo and Jessie inspired me to say, "Put your cheeks into it!" :# ~*Mary Anne*

LOTS OF LOVE to all the people I know that are so happy that most other people wonder, “What’s wrong with you?” You inspire and guide me, to no end! (If you think you might be one of those people, you know darn well you are!)

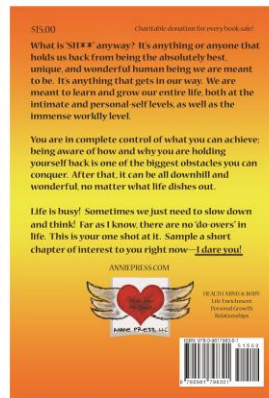
LOADS OF GRATITUDE to everyone that passed along the RISE ABOVE mission, whether by mentioning it, holding or attending an event, recommending it, buying it, selling it, gifting it, reading it, connecting me, giving me feedback, encouraging me, or even just thinking a positive thought about any of it! I am so blessed that already, you have helped us donate over **\$11,000 to non-profits!** **WOO HOOOOO!!** I’m feeling pretty good that with support like this, \$1 million dollars will only be our first goal in this adventure! I can’t thank you all enough...you make my heart feel so full! :)

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

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





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