



Why Isn't Life Getting Any Better?

Look, it's really so much simpler than we make it. Until we get out of the heart-set that we are a victim of others, and really, of life, and start realizing we are truly the only ones that drive our life, life cannot give us everything we want! Start driving and quit waiting! All the frustration I see with the wait-ers breaks my heart...if they only knew how close they are...haven't they had enough?

So if you've read any of my other articles, or my **RISE ABOVE THE SH**!** **Down-to-earth thinking from Wisconsin** book, this is not the first time you've heard me say it. If you know me personally, you have heard story after story (some rather miraculous) of how my thoughts and actions have me living my dreams, more and more, all the time. It blows my mind; I could never have imagined all the good that is present, every day I remember I am not random, not a victim, and certainly not anyone that has to wait for anything to happen "to me." Trust me when I say, I'm not bragging...I am merely trying to help others reach out that extra inch, knowing how much that little effort has changed my life!

Now, if you haven't read my other articles, I want to set the record straight right now. My miracles come from living from my heart, as much as humanly possible. I do my best to thank God every day, to ask Him only for what I want, and to live a positive life style where I put effort into learning to love unconditionally, starting with myself. I know that I am here for a reason and that my level of true happiness absolutely impacts the rest of the world. God created us all for this reason, and there is no limit or lack of happiness available to any of us, it is only our own "buts" that keep us from it.

So as I started writing this at 1:11 am in the morning because I haven't been sleeping much at all lately, I am not focused on the inability to sleep. Instead, I have learned to ask myself honestly, "What is my heart trying to tell me? What am I ignoring?" The body doesn't just decide not to sleep; it is designed to sleep. A healthy mind, body, and soul has no problem sleeping, but when it needs our attention, it will try anything to get it. Sometimes we get sick. Sometimes we encounter people and situations that we could really be much happier without. Sometimes we lie awake at night. Sometimes we wonder what life is all for? PAY ATTENTION! You are desperately trying to get through to you, but you have put something in the way of your happiness.

We are our own, and usually our ONLY enemy. We literally put our own butt in the way of our happiness, in the form of "buts." Be honest--do you ever let any of these evil thoughts creep in? You WILL get what you think about!

- But they (or it) won't let me...
- But I can never get ahead...
- But they (or it) is making me unhappy...
- But I don't have time, or I have to wait until...
- But I need this, to do that...
- But this happened to me...
- But I have this health issue...
- But something always happens; it never works out...
- But I can't or I don't know how...
- But I don't deserve it/them...

Oh my! Such a bunch of crap, but I know as well as you do, it's pretty hard to identify it as crap, when you can't see through the thick stuff! Like I used to be, it's probably all you know of this life, so far, but trust me on this one...a little retraining never hurt anyone, so please take a minute to read on. Living from the heart is very, very simple. **With anything you think, do, or say, ask yourself, "Is this doing me, my heart, and my life good? Do I jump for joy over this, even when I think about it later on?"** If your answer is YES, then you are being true to yourself, your life, and you are on the right path for you! If your answer is NO, then you need to change something, and it's most likely, the way you think and what you are not doing for yourself. If your answer is I DON'T KNOW, then you need to ask yourself why you're afraid to give yourself an honest answer and work on loving yourself enough to start being honest with yourself!

Now, when it comes to other people and what they say or do to you, the same holds true. If it warms your heart and makes you feel great, every time you think about it, it is part of the true you. But if it hurts you, makes you feel unworthy, disconnected, and makes you want to close off your heart, it's something that needs to be identified as BS, or something that needs to be healed or released from your life. Realize that negative events, illness, and even people will continue to surface as long as you do not attempt to heal or change whatever comes with them, as a way to force you to pay attention to this "but." I hope that someday, you can appreciate even the most negative people and events you've ever come across, as a great teacher of how to overcome one or more of your "buts." Learn more about yourself, remember there is a reason for everything, learn the lesson, and move on to bigger, better, and SO much happier things!

Second, please realize that EVERYTHING you think, do, or say either HELPS or HARMS you and your life...EVERYTHING! There is no in between. You are alive and life is moving! Do not feed the "buts!" It takes so much more energy, time, and even your health, to feed the "buts!" Start setting a new standard of loving yourself by doing things that HELP you:

-Take the time, every single day, to think and feel the joy of your dream life, no matter where you're at now...no "buts" allowed! Keep the thought POSITIVE, only thinking about what you want, NEVER what you don't want. Big or small, it all counts, just start doing this now, in some way! Surround yourself with only those things that feed your dreams!

-Find some kind of spirituality! You have a spirit, and every day, you are either nurturing it or draining it. There are just way too many options and active churches, groups, and accepted practices these days to have any excuse of not being spiritual, in some way. Think long and hard...you know that you know you have a soul...start listening to it!

-CHANGE anything you are not happy with, period! Do it your own way, trying everything until something works, but change it! Habits, addictions, beliefs, the way you feel about yourself, daily routines, and even the people you hang out with should change as it no longer helps your life. We are meant to learn and grow our entire life, and move forward our entire life, and it automatically contributes good to the world, when we do! Don't look at anything as a mistake, unless you keep repeating it once you realize it is not helping you. You're human. Recognize what needs to change and do your best—your honest best—to show yourself a little love! You can do anything with your "but" out of the way!

Please find a little love for yourself and try out something...anything, that this article may have stirred in your heart, even if it's to read another free article or two on a topic that interests you. Start anywhere, but just start! As I tell people in my workshop, I can absolutely guarantee that after today, you are one step closer to being through with this life. You are one day closer to being dead, so what the hell are you waiting for? LIVE WHILE YOU ARE HERE!

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

Much Love, Mary Anne

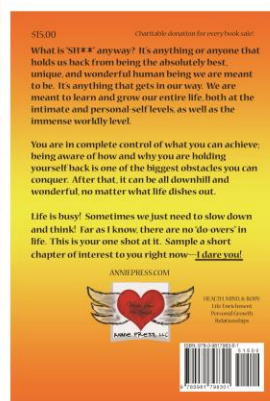
-Mary Anne, Author
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