

You Are More Important Than You Know!



What happens to you, when you're sick or injured? You can't just say, "Oh, I have the flu or I broke my foot, but it's not affecting any other parts of my body, or any parts of my life." Can you? Even an achey joint or back changes your day just a little, doesn't it? You may refrain from doing something as energetically as you normally would, shorten your preferred amount of time at it, or just not do it at all. Whether you want to admit it or not, it DOES lessen what the rest of your body can do (and often, your mind too), and it changes the quality of your life, in some way.

Now, continue with that line of thought. Your life is affected now, and you impact everyone around you (again, whether you want to believe it or not, at this point), so now you affect others, and possibly not in the most beneficial way, depending on your attitude! So here we go, with a minor body ailment or sometimes a major body ailment, affecting lives. Don't feel bad, unless you're not taking good care of yourself; but even then, don't feel bad, just CHANGE THAT, NOW! Feeling guilty or punishing yourself will only grow the problem, so just don't even go there, please . . . that's not the point I'm trying to make here.

My point is, even the small stuff impacts the bigger stuff (your whole body). We're in agreement on that so far, right? This can even be your frame of mind or the contentment of your soul, if it's not happy; it doesn't need to be a physical thing. It's still a major part of you and so, it still impacts the rest of you and therefore, it impacts your life. And again, anything that impacts you impacts the people you come across in your life. Even more so, it impacts the people that never got to enter your life because you didn't go do something you wanted to, and then, you missed out on meeting someone new that could have been huge in your life. Gee, you just never know, do you?

Now, let's go bigger. You are wandering around on this planet, every day, aren't you? You go places. You see people. You are around other living things. Everything you do affects all of those things. You're not just an invisible ghost, moving around and going through everything and everyone without their knowing it. You interact with it. You CHANGE it, somehow, intentionally or unintentionally. Hopefully, you are paying attention to what you are doing and strive to leave a happy path behind you, no matter where you go?!

Why? Because YOU are leaving a MARK on EVERYTHING and EVERYBODY. You exist HERE, therefore you impact HERE! Think again in a "body" sense. You have that one part of your body affecting the rest of your body in some big ways. Now grow that image, multiplying it by all the other people and things you come across in a day (or didn't meet up with, or do what you should have with them, because you were not feeling up to par). Are you starting to see the "bigger picture" now? Are you starting to grasp the importance of a single human being now?

I don't care what you are doing in life; you ARE affecting the rest of the world every single day, like it or not! This is what you hear people say: "We're all connected." "We're all part of the whole." "We're all ONE." We are all part of this world—one BIG body, if you will; one big living thing. Just like one little ailment in your body affects the rest of you, when each person is not functioning at 100% of their truest, happiest self--in

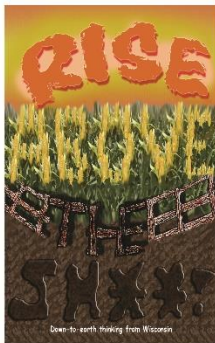
mind, body, and soul--it affects the rest of the world. Now, HOW you affect it is up to you. Even if your health is bad, or your heart is hurting, or your mind is seemingly out of control, you STILL get to decide how you will allow it to impact the rest of your body and your life, and how you will let it impact those all around you. Will you make them suffer because you are, or will you use your experience to somehow impact everything and everyone around you in a good way? You can decide this, just as easily as you decide that you'll use that heartburn to finally commit to eating better, which then has an overall GOOD effect on your body.





Isn't it so simple? Isn't it so perfectly designed? No matter what, we still get to choose how our life will be, from things of our own body to the larger body of the world that we are undeniably a part of. You are more important than you know. For my benefit, and for the benefit of the whole world, please try your best to remember this and more importantly, ACT ACCORDINGLY! Make your life worth your while! I, for one, would deeply appreciate it! ~Mary Anne

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