

YOU ARE WHAT YOU ...

We've all heard the saying, "You are what you eat!" This note is not about eating; it's more about who you are, how you got that way, and how you CHOOSE to stay that way. It's so darn simple, you probably won't believe it, until you try it out, honestly.

If you've read my book, **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin**, you have read my advice about free will. Free will isn't something you can turn on and off; it is constantly working, whether you choose to acknowledge it, or not. Now there's a little more to it, but as a quick refresher, your life, and your very self, becomes whatever you focus on the most. You end up wherever your deepest desires and beliefs go. Good or bad, happy or sad, whatever main topics you think about the most becomes your life. Sound too easy? Be honest with yourself, and look at where you are in life. Think of what goes the way you want, and the things that don't. Now, the hard part. Dig DEEP into you past thoughts and beliefs and worries and dreams. The ones with the most attention had the most power, and they created the life you have, or have lived. DIG DEEP. This exercise is not to make you feel bad, it's simply to allow you to open up to the possibility, so that you can change things to the way you want, NOW! Now is all that matters!

Some say, "God is in control." I do believe, He certainly is. But here's the thing: He has given us the gift of free will. He has told us that WE get to decide. This is how much He loves us; He never forces anything on us...not ever. He has given us the responsibility for our own lives. "Ask and Ye Shall Receive." He loves us so much, He lets us decide if we want good or bad, happy or sad. EACH person CHOOSES for themselves, their whole life.

So, it's only common sense that tells us, then, that we are what we:

EAT and DRINK: The body needs good fuel to produce good cells, and to ward off any germs or disease or toxins; anything of less quality starves the cells, and makes them unable to fight off harmful things, and we get sick. Putting harmful things in the body, like most drugs, alcohol, processed foods and drinks, etc. WILL HARM YOUR BODY, sooner or later. What other choice does it have? Most people cause their own death, just through the choices of what they eat and drink. Very sad, but very true. As long as you are alive, your cells are growing, fighting, and regenerating. What are you giving them to work with?

BELIEVE: If we think we need to suffer or be punished, or that God isn't present in our lives, it is exactly what we will get. If you want an idea on a new belief, I'll throw my thinking your way. First of all, God never said we should suffer; He said we are precious, and it's critical to the world that we are happy. He said we need to love ourselves and our neighbors. He said, no matter what you've done, I forgive you, and thus, we need to forgive ourselves (and others!) Second, God is always here, everywhere, but if we push Him away and tell Him we don't need His help, He can't provide it. He is within every single one of us, so where do you think He's gonna go?

WATCH: Screen time is killing our society, in so many ways! Not only does the electronic junk distract, drain, and scramble our brains, but it's overpowering our free will. What you focus on, you will get. It doesn't make any difference if it's real or not; you are still choosing to focus on it, therefore, you are asking for it! Watching dramas and people making fun of, or being mean to other people, watching violence and sad stories...again, whether it's real or in a movie, it doesn't matter! You are taking your precious brain and feeding it hours and hours of something that WILL NOT HELP YOU OR YOUR LIFE at the same time you are depriving yourself of the time you could be spending doing something that WILL help your life. It's bad and even worse! Why are you trying to drown out your brain, anyway? Many world experts are blaming the violence we allow our kids to experience through TV, movies, internet, video games on what helps them think it's okay to grab a gun and kill whoever's bothering them. What else do you have to blame for this epidemic of gun slaughters that has become a norm in U.S. Society? Is it such a far stretch to think that the satisfaction they see in a

violent movie after the hero's killed a bunch of bad guys might give them a little nudge when they're in unbearable emotional pain?

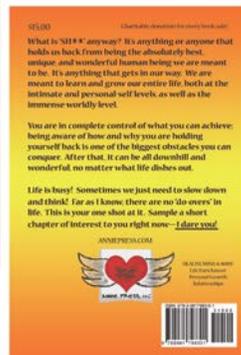
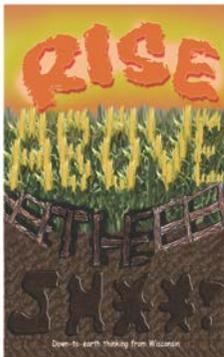
READ or LISTEN TO: Radio, books, and conversations are also almost always positive or negative. Truly, if you keep listening to sad or angry songs on the radio, those same things will show up in your life, over and over again. If you read sad and bad news, listen to chronic complainers and angry or mean people, including those that love to judge others and gossip, you will have more and more of that in your life, and you'll find yourself becoming those people. You always have the choice to turn the radio station or put in and inspirational book on CD. You always have the choice in who you hang around and have conversations with. Even if the downer person must remain in your life, you don't have to copy their bad behavior. You even have the right to inform them you don't want to talk about other people and you can change the subject or even give them a copy of this note! :)

I think you get the idea, but just to drive it home, let me ask you this: If you were responsible for a 3-year old that you really loved, and wanted everything good for the child, would you feed them all the things you eat and drink? Let them watch the violent or dramatic shows you watch? Listen to all the conversations you have? Tell them God wants them to suffer in this life? Well, would you? I'm sure you'll say no, and perhaps you'll even say that you know better than a 3-year old, so it's different? I hate to tell you, but it is the soul that we're feeding with our choices, and even if our human brain can tell us when something's real or not, our soul is still receiving EVERYTHING we focus on. Our soul is no different than a 3-year old's, other than we've fed it a lot more crap in our human years. No matter the age, the soul knows everything it's been exposed to, especially love. If we don't show our own soul a little love, it will think it is unworthy and that a sad life is what it's meant to live. Happy or sad, real or not, the soul is exposed. Your life will go to what your soul feels. It's free will; it's always your choice. Like it or not, you are responsible for your own soul and your own life. Your soul yearns for your dreams and for your happiness in this life; what have you got to lose in giving it what it wants now? Yes, Virginia, no matter how long you've ignored it, you do have a soul; the very same soul with the very same dreams, and the very same love that you had as a 3-year old.

So what do you do? It's very simple; just start making choices that will bring you the happy life you want. Big or small, any change for the better kicks butt! Just take the time, throughout the day to ask yourself, "Is this helping my life, in any way?" If you can't answer yes, think about what other options you have, and then, DO IT! Shut off the TV. Quit

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

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



-  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!

reading the newspaper and hanging out with negative people. Get rid of the video games. Go to happy, inspiring movies. Learn something through a book, workshop, the internet, or a person you know. Exercise. Start buying better food and don't restock anything toxic in your house. Shut OFF the electronics, get a good night's sleep, and get outside and REALLY look around at nature, every day. Think only about what you WANT because those things make you happy and take you to the life of your dreams. Make no mistake. Every moment, you are either feeding your soul or draining it. Your soul has been waiting long enough! Now, do only what helps you and your life and start living!

~Mary Anne

(We are approaching our first \$10,000 for charity!)

*More notes and book info, including events at:
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