

3 Things You Can't
recover in Life:

the moment
after it's missed
the word
after it's said
and
the time
after it's wasted

— ESTHER PERL —

What Are You Doing With Your *Precious* Life?

HELLO OUT THERE! This article is quite serious, so it requires your FULL attention! Part of you doesn't want to read this, just from the title, right? I mean, who wants to take ownership of their own life? What have we come to, NOT WANTING to take ownership of our own life?!

That's crazy, don't you think? Yet, it's how we live, most of the time! Still, if you listen, the truth deep within you is crying out to you, "Please give yourself a chance . . . please read on . . ." (You heard it, didn't you? Be HONEST!)

You've got nothing to lose, after all. I'm going to be gentle here, because truly, that's how we need to be. Gentle is the way to make the world YOURS. Gentle is the way to OWN your life. Gentle with yourself, first of all, and then, honestly, with the whole world. See if you don't think so too, maybe, after you've read through this. So let me ask you again, in a truly caring and very concerned way: What are you doing with your precious, precious, one-and-only life?

Everybody seems to be occupying themselves with all sorts of busyness, WAITING for something. But we ALL KNOW everybody is born and everybody dies, right? So what if our time runs out before that something comes? Then what? Seriously, THEN WHAT? Do we want to be leaving our body, regretting wasted time here on earth? Maybe it's my logic that drives me, knowing that in this intensely complex universe, nothing and no one is here by accident. It's impossible. Each and every single one of us has a HUGE purpose in being here. I also feel that glow inside, that truth, that tells me I knew things before I had this body, and it is divine and eternal and continues on after my body is through. So, there's no way I'm here just to go through lifeless motions to waste time until the next "thing." There's so much more to it . . .

Is there a spark in you that is maybe remembering this too? Even if we don't completely understand or know exactly what we should be doing, shouldn't we respect ourselves to just listen when we feel something is our truth? If we're not gentle and kind to ourselves, how can anyone else be? Acknowledge the heart flutters and the glow inside! You will feel it anytime you're turned in the direction of your truth, what you know, your purpose here. Anytime you hear it, anytime you think it, anytime you observe it. Be still and listen! Be brave and do something about it! Now maybe it's the word, "purpose" that freaks everybody out, like they have to live the life of a frugal monk! NO, that's not it for most people. Purpose is nothing more than BEING your real self, and some of us can do that living a life of luxury too.

So even more than you being accountable when it's time to part with your body, the world's complex design has everyone you come in contact with, in any way, also playing a part in your purpose and in their own. Every single thing that happens in your life, EVERY THING, is all and only to try to help you be the person you were born to be! I know what you're thinking . . . "I can't possibly be that important." WRONG! What warped thinking you have! Let yourself think about the whole picture! Again, there is no mistake that your soul came to this planet, and no mistake of anything in your life. Sure, I know a lot of it you could have done without, but COULD YOU? Would you be as brave as you are, would you have learned so much about yourself and others, had you NOT gone through that really, really hard stuff?

The thing is, we have little way of knowing what our soul wanted to learn in this lifetime, no more than we know what other souls wanted to learn in this lifetime. I'm just saying, be open to a much bigger mission than we could possibly understand. Anyway, I've heard it said that when you leave your body, you eventually go in to a "Soul Review Phase," whatever that may involve. To me, that lines up with what most religions preach in their descriptions of the soul going somewhere, based on how we did in this life. Regardless, deep down in my truth, I know that the biggest part of me will live on, after I leave my body. Listen deep inside yourself, and be kind and patient and loving and gentle enough to just LISTEN to your truth, and ALLOW yourself to live according to that! Why NOT?! You are here to experience THAT!

SO, what are we doing with our very precious and very limited life here? What are we SUPPOSED to be doing? Well, my truth tells me it's much simpler than we make it. At this point in my life, my truth tells me I'm supposed to live each moment just being the truest self I can be. What does that mean? To me, it's just being loving and kind TO MYSELF and

everyone and everything else as constantly as I can. Don't get me wrong, I'm HUMAN, so that's not easy all the time, but truly, the more you do it, the more natural it becomes. So to do this, we have to be focused on NOW, and most of us are not in the habit of doing this. Being kind also means focusing on happiness. Instead, we do these two things:

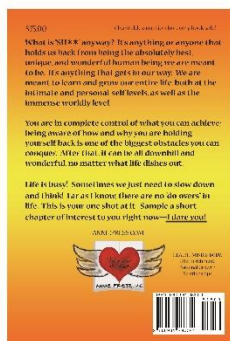
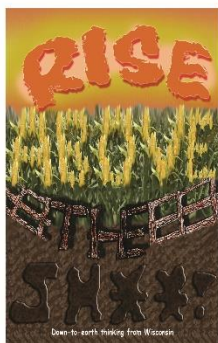
>**We think about the past**—we live in the ghosts of our memories—good or bad. We're pissed about someone or something that wronged us or that we didn't deserve. Or we want to go back to how it was. "If only that hadn't happened . . ." My gentle reminder is that you can't possibly do what you're supposed to be doing NOW if you're making yourself stay in the past! AGAIN, every single thing that happened, believe it now or not, was TRYING DESPERATELY to help you (and everyone else involved or affected by it!) find your TRUTH and your purpose and gently guide you to where you should go next! When you allow that inner truth to speak, at some point in your life, you will likely find the good things that came out of it, as tragic as it may have been. I'm so, so sorry for all the things that have hurt you, I really am. But I beg you, not to waste any more time living in the past or in past identities or labels or thoughts of any kind, not even about yourself! It is NOT at this moment, which is all that matters! Thank every piece of it and tell it you NO LONGER NEED IT; it has served its purpose and you remember now a little more who you really are. You ARE loving and kind and gentle, NOW! You are a pure soul, here for a HUGE REASON that will only help everything and everyone in the world. *All you have to do is drop all the crap that's fooling yourself about your true identity!*

>**We think about the future**—we wait for this, that, or a person to magically make us happy so we can live the life we want. So, your truth sits and waits because the honest truth is, you have to find happiness IN YOURSELF, ALL BY YOURSELF, NO MATTER WHAT IS OR IS NOT IN YOUR LIFE, period. Wherever you are NOW, whatever you're doing NOW, you have to understand it's part of your precious life and you have to find appreciation for it. Again, deep inside you, you will be able to find purpose and beauty in every single thing if you're just acknowledging your present moment, instead of pouting that you want it to be some other way. If we can't even keep ourselves grateful for the little things in the current moment, how do we think we could possibly know exactly what or who could help us know and find the truth and purpose of this whole life? We don't even KNOW what makes us happy . . . we're too busy ignoring our inner selves and looking everywhere else to even think about the simple, little things that make us feel giddy and fulfilled!

So where to start? HERE, NOW! Every moment you can rob your old harmful habits and control your present moments just by being loving, kind, gentle, appreciative, and honest—you know, all those things that make your insides DANCE because your soul's truth is rejoicing that you are finally LISTENING to yourself, even a little, even for a little while.

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

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



Do it more often and WATCH the magic and the miraculous start happening in your life. FEEL yourself LIVING your precious life and no longer just wasting away . . .





Welcome to the REAL reality, and just try wiping that smirk off your face, and off faces around you . . . ~Mary Anne

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