

Why Are You Here?

Okay, everybody! Back to the basics! STOP! BREATHE! Ponder what your life is all about for a moment! Come on, it won't hurt. It may even bring you some relief or insight. So take a small break from running on your hamster wheel to just take a few minutes to yourself to think. Are you really going anywhere at the moment?



So, what are you doing with your precious life? Why are you here? Knowing we all need to follow our own truth, I just ask you to think about it and do something about your own truth. Hearing my truth may get you started down your path, so I'll be blunt and honest for all our sakes. But ALWAYS follow that longing and bliss and truth in your own heart and soul, first and foremost, ALWAYS. Only it knows the way for you!

So again, I'm just sharing what I feel is true for me at this point in time, but life changes quickly sometimes and I try to move with it, so things can change. Why do I think I'm here? I believe our souls are eternal. A soul exists before the body and its mind, and it will continue once this body and mind of mine is no longer alive. Thus, I have to believe I am here on a mission of my soul. At a high level, it's to grow in the fact that I am part of God's Light and Love. (Feel free to use terms you relate to, like Universal Love, Higher Power/Self, Pure Light, etc.) At a more defined level, it means I need to remember to be love and light in all I think and do and when I do, I enjoy heaven's joy and peace. Whatever I am reflects on to all else, thus it impacts people and things in that way. Being a loving person promotes love in the world and probably the universe. Being anything else affects our world accordingly, as well.

I believe we are all this at our core. Our individual reasons for being here are as numerous as the stars, based on where our soul has been and where it wants to go. So to me, it's ridiculous to ever think someone should be like me or share my same exact opinions. How could they, when their soul's condition could not possibly be exactly like mine? So things that may come naturally or logically to me may feel impossible to another, and vice-versa, but I have no doubt that everything I experience in this life, and every person I encounter is all meant to help me on my mission!

My challenge is to REMEMBER ALL OF THIS while I am a less-than-perfect human that quickly gets caught up in the struggles and distractions of everyday life. I have free will to make all my choices about what I think, what actions I take, what I say . . . EVERYTHING! It's a big responsibility really, that we take far too lightly. We waste precious time. We turn down our light, making it harder for others to find their way, too. We say we can't or won't because of this, that, or the other thing, or other people or experiences we've had. WE FORGET! :(

But, that's all part of it, isn't it? The struggles and failures remind us to be grateful. The discomfort and discontent forces us to look at what's going on, and to search for something more. "Life has more meaning!" Our soul screams! Everything is trying to lead you back to that truth, but are we listening? Good, bad, or ugly, it is trying SO hard to get your attention and to lead you to, or away from, what is needed to get you to start listening to your soul's desire.

We all had it as kids. We dreamed about what we would do, when we were big enough. We knew what simple, little things brought us joy and we just DID them! Find your way back to that. Find your way back to





the pure light and love in your soul. Make no mistake, it is there! It's always there, no matter what! That's a gift from your Creator and there's nothing you can do to get rid of it—NOTHING! You can try to pretend it's not there and you can try to cover it up, but when you do, boy oh boy, will life be hard! It's hard because you're being dishonest and disrespectful to yourself, and your truth, and your very reason for being here! You can't fool others, either. Even if it's not said, they know, just like you know when someone else isn't being their authentic self. People tend to be attracted to people that are not afraid to be their true self. That's because deep down, we admire it and want so much to be like that too—our true self, all the time.

Do you feel it now? Is there a flame inside? Do you feel the joy and warmth in these thoughts, coming from your chest? This is your guide to knowing your truth! Follow it! Use it in everything you do or think you want to do. Let it go and let it grow! Follow that feeling of peace above all—above all you've ever done that has not instilled that tranquility within you, above what your mind or others tell you. The mind is temporary and along with the body, it is here to SERVE the SOUL, not the other way around. BE who you are HERE TO BE and know, that I for one, am full of gratitude for your courage to wake up! Just think of how good it will be for anyone close to you, and maybe start off doing it for them, if nothing else! (Watch how it affects them!)

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It's all very basic, so STOP THE STRUGGLE, which is VERY REAL when you ignore who you are and why you are here. Eventually, you will reach a dead end and be lost as to who you are and what makes you happy. Just even a little at a time, if you need to, let your love and light come out again. Shine it towards yourself especially, and allow yourself to heal anything about you that you are uncomfortable with! Then your beautiful true life can start unfolding. There are infinite possibilities as to where you go from there, and it will be natural and exciting, often making your heart leap. You truly can go ANYWHERE AND DO ANYTHING as you follow your soul, and it's heaven on earth. Welcome, welcome, finally, to your true life! ~Mary Anne

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