

# No Part of You is BAD



I hate to argue with you, but I have to remind you that no part of you is bad. Sorry, it can't be. You just weren't born that way. Oh, but life's taken its toll on you and you've hardened, after being wronged and let down too many times, huh? On top of that, the world just isn't the warm, rosy place it's supposed to be, right? Well, I'm not buying it, and you shouldn't let that out-of-control mind convince you of it either, anymore. It's time to WAKE UP! That part of you that's been faking you out and depriving you of your true life needs to be calmed down and kept in check! Don't you want to really start living the life you've always dreamed of?

And when's the last time you let yourself daydream about your perfect life and the wonderful people you want in it? When? Do you have it pushed so far away that you no longer believe you can have it? WHY???! Have you gone crazy?! Do you really think that's why you were born—to suffer and be punished and to NOT have the life you once imagined you could?

Well, that's one of your problems . . . focusing on it never being yours and convincing yourself you have to settle for the crap in your head and in your life. You know by now that the crap in your life is all brought about by the crap in your head, right? Everything in your head—what you focus on—is what will come about in your life. So again, BE CAREFUL WHAT YOU THINK! If you think you don't deserve it or that no one in life will ever "let" you have it, or that's just the way it is, guess what? YOU are keeping it from YOU!

Oh, but you've made mistakes or life's crapped on you, huh? Join the club. Just tell me one person that's NOT in that club and get over it! Try to remember, everyone does the best for their current state of mind, body, and soul. If what they're doing isn't wonderful in your eyes, trust me, they are hurting somewhere. LOOK CLOSER! Look deeper, at their heart. You'll see it. You may not understand why they feel that way, but trust what you feel about them, as you look past their fake exterior. One's true self is in their heart and soul, and that applies to you, too. Take a second to ask your heart—NOT YOUR HEAD—what it REALLY FEELS and what it REALLY WANTS! Turn off your mind for a minute (and maybe leave it off a while), and keep all your hurts and fears and past bad memories from messing up how you really feel!

What makes your heart and soul DANCE and LEAP with EXCITEMENT? What brings you contentment and peace? If you could have ANYTHING you wanted, anything at all, what would it be? Do you see how you feel just thinking about it with your heart? Do you feel the happiness it brings? Those feelings tell you that's what your TRUE SELF wants and deserves. Do you feel that goodness? That is the REAL you and do you see now a little bit? No part of the REAL you is bad, is it? All your soul wants is to be happy. This part of you has the most power, if you stop stuffing it down. This is where you feel your real feelings and truly, none of those feelings are bad. Now once you let the mind run wild with them, you have chaos and confusion and regretful behavior. But that's just the mind thinking it has to fight against your soul's desires, that's all. The mind, by itself, just doesn't know what it's doing, and it will take control over your life and mess it up good, if you let it! It just needs a little guidance from the part of you that knows better.

So, STOP the madness! You want to stop the madness, right? (Watch out! The mind will tell you that you don't, and that it's "safer" or "more comfortable" to live in the madness, but don't fall for that anymore!) Remember, everyone does their best, for their current state of mind, body, and soul . . . even you.

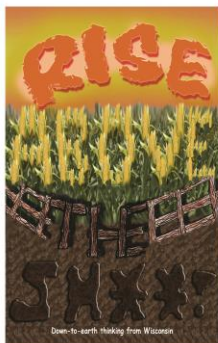
Regrets? Again, join the club! Cut yourself some slack! You were stuffing down true emotions and letting your mind go wild at the time, weren't you? It happens to all of us! In our human state, we sometimes forget about our soul. We often don't stop to listen to what's really there, deep down in our heart. It happens, and hopefully we learn from our regret, that we don't want our mind to control our behavior next time. Hopefully we learn, eventually, to pause and listen to the peace inside us before making the next decision to speak or act. Hopefully, we let our true feelings run their course, even in a quiet way, to get to the bottom of how we REALLY feel and we keep our mind out of it!

Take the ability to trust someone, for instance. Past experience has ripped your heart in two and your mind tells you, "Never again!" But then someone, or a situation, comes along that could bring you some very big happiness. In your state of mind, you think you have faults, flaws, and baggage that no one else wants. The mind tells you, "NO!" So, you stuff your true feelings and desires away, listening to all the excuses the mind comes up with, and you push it away. Your poor heart doesn't even get a say . . . it doesn't even get a chance! Your life doesn't even get a chance. :(

This is a habit we get into, but all it takes is a little effort and love for yourself. Let yourself think through, using your heart, why your mind is so afraid of it? It may be very scary, letting the past feelings come up, but make yourself realize that this is NOT that person or THAT situation. Let your heart guide you in embracing your true feelings as you would coach a good friend to work through their feelings, allowing them to heal and then to let out the feelings you really want to . . . all those good feelings that have been locked up! Does it excite you? Then go for it! IF it ends up letting you down, so what? You will have overcome a fear your mind created and you need to remember that everyone else is also doing their best for their current state of mind, body, and soul. And you know how the mind can get downright CRAZY at times, don't you? They may not know this secret or even realize what they're doing, so don't take it personally! What's your alternative? Living the same, letting-me-down life, that's what! Is THAT really LIVING? Not to me, and not to you either! Even things I've trusted that didn't work out brought me something good, when I looked at it honestly. I learned more who I really am, deep down in my core, and got rid of more of my fake outside. This helps me remember that who I truly am, way down underneath, is always good. So you see? No part if you is truly bad! The mind just has you thinking so, sometimes.

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

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







Don't buy it, like most of the people out there. You see how it can mess things up, don't you? Be the alternative that rocks your life and rocks the world! Somebody's gotta do it and it's a much better ride through life, trust me! LIVE! Enjoy LIVING and NOT not living for a change! Hang on tight, it's gonna be good! ~Mary Anne

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