

# Yearning to Heal

What you yearn to heal most is tied to the greatest gift you yearn to bring to the world. Please read that again, considering all parts of you, mind, body, and soul.

Can you understand how only your unique self holds the key to helping so many others heal? Think about it. Does anyone else have your exact personality, thoughts, experiences, or talents? How about your fears, doubts, struggles, and heartbreaks? Every little thing that has been, or is in your life, makes you YOU!

So, you beautifully-unique human, what do you have a yearning to heal? Are you taking some kind of step, every day then, to heal it? If you don't, who will? Are you sure you have enough days left to casually

waste them NOT listening to your heart and soul? What are you waiting for? Whatever it may be, I hope you understand by now that no thing and no one outside of you can really heal it . . . this is for you to heal, yourself, from the inside. If someone else is involved, look deeper and find the real thing you want to heal about yourself.

With many of us, the bottom line is, we want to accept ourselves for exactly who we are, NOW. Not "IF," "WHEN," or "DEPENDING ON..." anything, but NOW! You can feel that long-time yearning in my writing, especially in my new book, **COMPLETE HEALING**.

As I learn to believe in my unique self and unique life experiences a little more, I had the courage to share my healing tips in those pages. Now that the book is out there, I muster the courage to have the self-acceptance to joyfully offer it, everywhere. The bigger yearning, however, is that I love and accept myself more every day, no matter how the book is received. My journey is to love myself unconditionally, as Our Creator does, without any feedback from any person or anything I do. I realize how transparent my journey has been in my writing, and how naturally it has become the gift I can confidently bring to the world. My writing heals me. Sharing that in many forms helps others heal, automatically!

Do you see? Effort towards what you yearn to heal will naturally heal ALL! Your life's mission, your purpose, is automatically fulfilled as you do the teeniest thing to love and accept you, NOW! Doesn't matter what it is—anything that is deep-down good for you and makes your heart happy, be it taking better care of yourself physically, emotionally, mentally, spiritually; we all tend to need some kind of healing in all of these areas!

So even this morning, when I woke up wondering why I wasn't appreciating life as much as I should, I decided a walk along the wildflower paths would be good for me before I started on my daily routine. Then a phone call tempted me to move an appointment for the next day up to today, but I could only make it if I skipped the walk. No, I thought, I need this walk. Not 10 minutes into the walk then, these words came, like a reward for just doing one small thing for myself today.

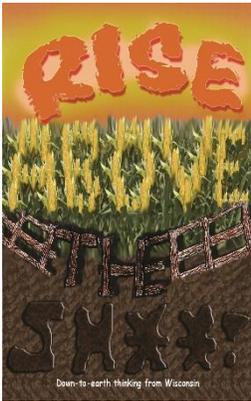
Trust. Heal. Ignite the healing and light in others, just by paying attention to you. Be kind to you, for all our sakes, and happy healing! ~Mary Anne

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