

STUCK ENERGY

From the book, COMPLETE HEALING by Mary Anne, ©Annie Press

“To give your positive or negative attention to something is a way of giving energy. The most damaging form of behavior is withholding your attention.” – Masaru Emoto

As humans, we have tons of experiences every single day. Every thought, event, interaction, and observation has some effect on us, whether we know it or not. Wherever our spirit was prior to this life also has some effect on us, whether we remember or not. This much I know, our being is mind, body, and soul, and therefore, all these parts are affected by everything! They are all part of us, all connected, so it can be no other way. Why do I go into this? To try to explain something I didn't discover wholly until just recently.

Going back to basics first, we know everything is energy. So when something tragic occurs in your life, it comes with an intense energy. It “hits” all parts of your being—mind, body, and soul. As you face and move through the tragedy, some of the energy moves through or around you and continues on. But inevitably, some of it remains in you until you can finish processing it, some in your mind, some in your body, and some in your soul.

You can't argue this as you look at the effects. Your mind will likely spin in circles and never forget. Your heart aches and your body is exhausted. Your soul knows it is forever changed. This is part of the human experience, and it is there for a very high purpose for you. But now, we have these remnants from this tragedy stuck in our humanness, and honestly, no energy is meant to be still. It needs to move; that's what energy does. If it becomes trapped—if you do not release it from your being and allow it to flow—it can only cause harm as it fights to get out.

This affects you in countless ways. Your mind will feel possessed as it flashes back and is dragged through any number of emotions. To survive, most of us work towards finding some kind of acceptance with the tragedy and having a normal life. Your soul is forever changed, building or diminishing your character, depending on whether you choose to live from the love in your heart and soul, or from the fears and doubts and anger of everything outside the soul. But the body is often forgotten, through emotions we are not ready to allow out. The emotions are told to “go away” or wait for a better time. The energy is stuffed down, hidden deep in the body and left to fester. Here's the critical part we must remember: IT HAS TO GO SOMEWHERE in your being until you give it the attention and love it deserves.

Now we are human, so for me, I know there's things I couldn't handle all at once. I would have exploded, I'm sure. So we do what we can to get through those moments or phases in our lives; we try our best to continue on in life! I speak from experience remember, so I know, over and over, how damaging it can be to just keep moving on with life without removing these fragments of shrapnel. But how do we go about releasing something we may not even know is there, or cannot seem to admit to ourselves that it is there?

Well, the body and the brain will clue us in! I believe that any injury, illness, and any challenge in life, is trying desperately to teach us something. Do we have to go through the hardship to learn? Absolutely not, but unfortunately, most of us are not paying our souls the attention it deserves and so, the rest of our being tries to help us out. Sometimes, we need to dig in and find the source of the belief or misconception of ourselves or of life in general to resolve it. But a lot of the time, we can just have a strong desire to release it and it will gladly go without any further analysis! So don't think this is too much work; it's very rewarding, fulfilling, and just full of relief!

Where does it go when you release or heal it? There's lots of ideas about this, but I think it's safe to say it continues on to where it is supposed to go, for the highest good of all. Whether divine light takes it and transforms it in to love, whether we finally give someone back something that belongs to them, or whether it completely changes into something else, what does it matter? Your focus needs to be on you and taking care of your soul, so that the rest of the highest good for all can automatically occur!

How do we release it? There are countless ways, from just intending the angels or God to take it from you (surrendering to a higher power) and filling the space it was in with light or healing water, to sending it down to the earth or dissolving it. The method you use doesn't matter so much as the commitment to healing it! You will usually know where it is, because you'll have an issue with that part of your body or a certain emotion or memory. Again, it's sometimes not important to know exactly where it is and you can ask for things to be healed and released any time, anywhere. My simple thought to do this is, "Thank you, God, for releasing and healing anything that is not currently serving my highest good. Thank you for cleansing it and guiding it back to love. Thank you for bringing to me all things that heal my being, back to your divine plan for me to remember I am pure love and light and to live in that abundance, always."

In a prayer or mantra such as this, be open to releasing EVERYTHING! Life-long beliefs, soul contracts or commitments you may have, obligations, pain, microscopic things festering in your cells, self-identity, labels, judgement, habits, lifestyle, people, material things, anything and everything that is not for your whole self's highest good! Trust that your loving Creator gives you everything to make you blissfully happy and abundant, if you only commit to loving yourself and wanting growth for your soul, which is growth in true happiness at the same time!

Now, when you do this, do not be surprised or alarmed by changes that will inevitably happen in your life; trust and know it is for your highest good and ultimate happiness! Do not back-slide by judging or doubting it! Just stay committed, knowing it is ultimately what your soul, and this life needs so desperately! So many gifts come in disguise, and cannot be fully received by you until you fully commit to you!

While much of the junk will go with just this intention and commitment, there will be some things that will be a little more difficult and really make you stretch beyond what you thought you were capable of. Some of it has to, to prove to you how capable and amazing you really are! I dive in a lot more in the chapter called "**RELEASE,**" so there's a lot more ideas there.

There are more incentives to allow yourself to be kind enough to work through all of this. I believe that what you do not heal stays with you, to be dealt with in some way after you die. Wouldn't it be easier to try to heal things you are aware of now, rather than let it add to the complexity and pain later? But there's more; I want to continue with even deeper thoughts, so stay with me! I have even more to explain, which you can think about more at a later time. You don't have to try to take it all in right now. This came to me over a long period of time, thankfully!

You ever have experiences that you know are not from this life? Those dreams or flashbacks or déjà vus, or something you just know, or know how to do, or feel like you know a complete stranger? I believe these are all pieces of other lives or even dimensions, outside the human life you are now in. In fact, many people recall things like this all the time as I have, and have even identified a thought or emotion or person from it. Read about all the children that are born able to do something that would take years of lessons to know, or can account for an exact life that was recorded, decades earlier. There are tons of books on these otherwise unbelievable stories, proving the validity. Just look, you'll find them!

So all I'm getting at here, is there can be energy or emotions or memories stuck in you that you have no idea where they came from! People sometimes hate or love other specific people, and they don't even know why! Happens to me, all the time, and they can never say why they don't like me—they truly don't know! Is this impossible to deal with? No, and actually, we are blessed to even be aware of this. It keeps one from going crazy sometimes, I think, and opens up a whole new world, anytime you start looking at the bigger picture. And this is much bigger, believe me! I'll advise you not to go around telling everyone your perspective on this because honestly, many do not understand and they will peg you as crazy! Just be patient, and sooner or later, someone with a broader understanding will come along that you can share it with, if you feel you need to. Over time, most of the people around me either understand all of this already or at least accept me for who I am, so if something slips out occasionally, they don't shun or judge me for it!

There's more. Continuing to add to your beautifully unique self is anything you may have inherited from any ancestor--parents or generations before your parents. I also believe it can be passed down to your descendants, since we are mind, body, and soul, and so is our DNA given to our off-spring. DNA is not just to carry the physical attributes! It carries EVERYTHING! You may even be privileged enough to learn of some behavior a relative had or has, that you also have (and don't know why you have it) that proves you are of their DNA string! And just as it could be passed on to you, you can pass it on to your children. This thought alone gives me a tremendous incentive to heal and release whatever I can! Healing as much as you can before you think of conceiving is also a good idea!

But it's never, ever too late! One of the very, very cool things I've realized about my own soul healing, is the beautiful connections we have being affected by it, too. Logically, this has to happen, since we are all part of the whole. But I'm not just talking figuratively, I'm talking physically, mentally, emotionally too—all those “earthly” things. For example, as I work hard to heal any stuck energy in my body and have a break-through, I've noticed it has profound effects on my children, and really, anyone that shares my DNA. So not just my children, but my parents and ancestors as well. Why would it matter to my dead great-great-grandfather? Because his soul is still out there, somewhere, still on a mission of some kind. Why shouldn't my soul lesson of releasing guilt over responsibility for another also lessen his? So I'm not just talking physical DNA, but everything that makes up any part of our being, so attitudes and beliefs, karma, everything. Do you see how huge this is? SO HUGE! Be the one brave enough to break the cycle and help the future generations, especially!

I've been able to see it in my kids, time and time again. As I follow my heart and soul after simple things, like knowing I'm at peace by myself, in my own home, my kids seemed to be going after the same thing, at the same time, even though I didn't say a thing to them about it before. Many times, even little things I was working on, I talk to them later and find out they've been working hard towards the same thing. Who knows? Maybe the source of the light amplifies it in all of us, at the same time? That's not such a far-reaching idea, actually. It's just happened too many times to be random coincidences, that's all I'm saying. This isn't to brag to you, it's to encourage you again, that at times you can't quite do it for yourself, do it for your descendants and your ancestors! I'm certain as my children heal things, I suddenly break through or even just realize something in me was healed. It's such a beautiful design, the Oneness, don't you think?

Now, am I saying that healing it in you will have the same exact effect on everyone else in your lineage? No, because while it will definitely heal something in them related to it, their free will and blocks to their truth, etc. are always involved, so I'll put it this way: It can only help them along on their soul's journey. I have actually apologized to my kids for profound healing I did

that immediately--usually the same day--coincided with a big upset in their life, throwing them onto a new path (like relationships ending that they didn't want to end). I know without a doubt that it happened to lead them somewhere much better, but I can't say that appreciation would be the first thought in their mind, at that moment!

By now, I've gone through enough drama in my life to see a vivid pattern of it always, but always, leading me to greener, happier pastures, so I know that's what's ahead for them, too, so I get excited for the changes versus worrying so much about them. I just tell them to be patient and grateful, and trust that God knows what He's doing. It can be hard when we can't understand any of it, at the time, but that's what faith is for. Keep your faith strong, knowing you are supported by the unseen, more than you will ever know!

Now, just one more thing to add to this seemingly endless heap (you are infinite energy, you know). Outside energies. Beliefs or observations or teachings that you've encountered. Stray energies that may be attracted to your already-stuck-and-festering energy that it likes. Like attracts like, so the goal here is to strive to be more love and light, and less heavy and unhappy stuck energy. Simple, but it requires attention and love. It requires self-love and respect, specifically, to heal it. A suggestion from me is to avoid low-energy places when you have negative energies you're dealing with. So if you're feeling hurt or angry or depressed or anxious, try to stay out of places that have a lot of this kind of energy, to avoid picking up more of it. When you're out of sync with your true self, it makes it easier for things you don't want to come in contact with you. So places like bars and hospitals, and any people that are trying to escape themselves . . . you only bring more harm to yourself willingly hanging out there. If you MUST be around someone negative, put a protective bubble of love and light around you and commit to being the truest self you can be. Brush off any energies as you leave, discretely, of course.

I should mention there's also a theory that if you shine too bright, darker energies will see you and aim for your weak spots (your stuck energies and fears and self-doubt), in an effort to stop your progress. This thought, that you could ever be too bright for anything, creates a vicious, unnecessary circle of fear! Dimming your light—your true essence—your blissful real self—in any way is detrimental to your being here, and nothing, but nothing, is stronger than the love and light of your TRUE BEING. If you doubt you are being your best self and may have attracted something you know is not helpful to you, you just command it to leave, and that only God's Love and Light surrounds you and is in you. Nothing, anywhere, is more powerful than that, and the beautiful thing is, whatever comes along, it all needs that love and so, you being you shines on everything and even transforms and heals even the darkest and heaviest energies out there!

Just remember that if you stay focused on being your best self, transformation for the highest good is automatic. You need not think for a moment that you are responsible for any of the rest, beyond doing what is for the highest good of your own soul!

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