

**Making BAD decisions
is a part of life.
Blaming OTHERS for
your bad decisions
is IMMATURE.**

Family Function

Dysfunctional! That's the word most of you use when you think of your family! But only if we had grown up with a nice, NORMAL, nurturing family, life would be so much easier and fair. Instead, we feel warped, broken, or burdened. And angry. Why didn't we get the loving family we were supposed to? Doesn't everyone deserve a perfect childhood and a support system they can lean on, in this cruel world? The answer is YES, we all deserve the best; but the answer is also, you are always given the best to assist your purpose for this life, including family.

With compassion, I know some of you have been through awful family things; some to the extent of being horrific and unforgivable. Many of you are still trapped in it, even now. I'm so sorry. Most of you have equally damaging mental and emotional challenges. Yes, MOST of you. To you I say, "Bless you for your courage and wisdom—you have already proven you are more capable than you ever imagined, regardless of what anyone else does!" Feel the truth about yourself for a moment; do you feel the peace of your choices in your heart?

The whole world can influence us, but none more easily than your DNA. Choosing from anything besides your own true essence is not healthy, be it how you wear your hair or clothes, who you date, where you work, where you live, but especially, what you feel, think, and do! Many of us have strong loyalties to family, but we need to remember that no matter WHO you are trying to respect, choosing anything over the divine guidance of your soul makes it a **False God**. "Selling your Soul" for any reason is always harmful to all, whether we can follow the ripple effect or not. Am I telling you to go against family? NO. I am telling you to listen to the truth that comes gently and lovingly from your heart and soul—not your brain. Our brains cave too quickly under outside pressure and will run others' agendas on autopilot, sometimes for a lifetime! Our soul KNOWS more about why we are perfectly in the life we are in, and how it benefits you and everyone automatically, at the same time. At some point, the good that comes when we allow our true selves to LIVE will shine through.

True joy and the freedom to be your loving self, to feel lasting peace in your heart, and to experience human expression is what our Loving Creator intends for all of us. Whether they realize it or not, families play critical roles in providing opportunities for us to evolve. As living beings, we are always growing or slowly dying. Good, bad, or ugly, family is significant in your soul's desire to know how capable and amazing you truly are. Make no mistake, you are still barely scratching the surface of the magnificence you are! Without human interaction, who would expose you to the opportunities to learn?

Everyone plays a critical role in helping each of us grow in our purpose. Family, or lack thereof, and in whatever form (significant others included) are the most dedicated to this mission. Think about it. Who can push your buttons like no other? Allow yourself to take a big, honest look inside yourself. What INSIDE you needs some love to heal? What does your heart long for? If you're not taking care of all aspects of you, somebody needs to push that button! Are you giving yourself that unconditional love and self-acceptance, no matter what—BOUNDARIES with FAMILY included? *(Hint: What truly feels self-loving in your heart IS what's best for others.*

Sometimes it's best to let others feel the consequences of what they created! HOW can you expect to feel accepted and loved by anyone else, if you don't give it to yourself first? Buttons, Buttons, Buttons!

Are you and I “perfect?” No. Are our families “perfect?” No. We're all human, so how can we be “perfect?” **Are our families perfect for our purpose in this life? YES.** Even if you have to distance yourself from family, be sure to keep working on self-acceptance and self-love and remembering to always be your true self. Sometimes you are meant to get away from your biological family for unlimited possibilities. If you are honest, you will find many people, all over, that really feel more like “true” family to you—because they are, just in a more divine way. But the most effective opportunities come from learning all you can while dealing with family. I live this, with a very large immediate family, and I'm always amazed and surprised at what I learn about myself, from even the tiniest tots in the family. It's like all the various sparkling facets that we need to discover have been sprinkled around in our circle, and each person brings one to us as a gift. We get to decide whether we accept it or not. Whatever form it shows up in—again, good, bad, or ugly—we always get to decide the effect on us. ALWAYS.

Hurt heals when you allow yourself to see the good that can come out of it. Find gratitude in everything, especially when it comes to family of any kind. Keep learning how to be the REAL You, from the glow and grace and peace you feel in your heart. Being YOU is critical to the world, especially your family. As humans, we're here to express commitments to unconditional love. What better opportunity is there when someone hurts you, or hurts someone you hold dear? Your biggest button got pushed and you need to decide if you will also be an a-hole and hate, or stand strong, and choose to find higher ground, higher truths about yourself and BE YOU, anyway. You can do this with grace and dignity, even as you know the truth and if necessary, relay the truth when it's for someone's highest good (versus being an a-hole and spreading it with more hate).

People, this is true within intimate circles as well as large, public circles. After all, you are related to every single body on this planet, remember. The good news is, you also come equipped with an “Easy Button.” When you choose to allow the loving, infinitely wise divine wisdom from your heart and soul guide your thoughts, words, and actions, it's like pressing the Easy Button. Why? Because you're actually allowing the realness in you decide. You're acknowledging and trusting your Divine Family . . . the Family that has always and will forever love you for being exactly you.

Remember always that another human's inability to love and accept you has nothing to do with you! That's their shit. Just because you call them family doesn't mean their human imperfections, insecurity, and character flaws step aside! As much as you love them, be okay with seeing the truth in everyone and everything and find the appreciation so that you can love it anyway. Be okay knowing they may not be capable and it's likely serving a higher purpose. Especially in you. Remember, you can always choose again and no matter what, choose to love and accept YOU, anyway. As you do, you will find the family challenges easier to love and accept as well.

I'm constantly amazed at what our Loving Creator built in to this carefully-designed Universe! Trust that EVERYTHING provides precious opportunities for you to commit to knowing more of your light and love—YOUR TRUE ESSENCE. You see, all that “family dysfunction” actually serves a critical function in helping us find the infinite love within ourselves. Truly, what a beautiful, loving way family supports our human mission!

~Mary Anne

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