



Gratitude for Enemies

Yes, you read that right. I want to implore you to find your way to have true gratitude for your enemies! Bear with me...it will be pleasant in the end, I promise. So be brave, and just hear me out. It took me a long time to get here!

I started making a list of the beautiful things that one particular person (seemingly, my sworn, soul-contract enemy) has taught me about myself and life, in general. I soon had over 20 things listed and stopped because I was utterly surprised and amazed; and just then, gratitude rained down. I certainly didn't mean to let gratitude in. I mean, who or what am I going to blame now? Who can I put all the responsibility on now?

I started my list with the person's name and wrote, "Thank you, XXX, for teaching me..." and here's some big ones you may recognize:

...how self-hating, miserable, cruel, destructive, and unhealthy some people can be; boundaries are needed.

...about the life and people I do not want any more, nor do I ever want to be. I have complete freedom now.

...how brilliant and awesome and loved I must be that you would do anything to dim my light and stop it.

...everyone has their role. It's just a Divine Plan Unfolding, truly no victims and no one to blame. Just love.

I have to believe that soul contracts do exist, in other words, every single person plays some kind of part in trying to help me be more my true, best self. Do we need to learn through bad situations and the bad guys in our life? Certainly not! But will they be here, as they were "hired to do" if we're not on-course? You bet they will, and stronger and stronger until we realize there's something much more significant going on!

The ultimate goal is to LOVE ALL, UNCONDITIONALLY and I have to remind you, *that starts with loving yourself unconditionally*, since you cannot love others much unless you know how to love yourself first. It's true, you cannot give away what you do not already possess, so if you're struggling with enemies, it's time to explore what it is about yourself you are not accepting, respecting, and loving. Truly, the SH** Show and drama and angry thoughts they leave you with are *just trying to show you another way—another way to find the love and commitment for yourself!* Until you allow yourself to explore other ways of looking at yourself, respecting yourself, and living your life, they have control over you to the point that you're not your REAL, loving self. You know this is happening when you feel horrible, like you're living in hell or a dark, sinking hole. Losing track of who we are—that brilliant light—is the only thing that can make us feel this way, so GO ANOTHER WAY!

Take heed, no matter who it is! Very often, it has to be loved ones or close family or friends (people we can't get away from easily) that play this role because they can put it right in our face and force us to do something different, just to survive! They bring the greatest impact, which often ensures we don't let ourselves down and settle. It's also very common that it's someone you shared some unbelievable happiness with too, but now, it's just time for you to learn more...for both of you to look at other parts of you, or of your lives. Sometimes we won't turn to look another way unless it really, really hurts. The closer they are to us, the more attention it gets and the better chance we have to take huge action, right? You and your soul will not find

peace or happiness until you commit to learning more about who you really are, and I can tell you from years and years of experience with this, that there is something much better and amazing waiting for you!

All you have to do is recognize the SH** Show and realize it's just a huge persuasion to get you to look at something new and different, both within yourself and your life choices. Freedom and joy are waiting for you. Love of the truest kind is waiting for you. Everything is trying to nudge you over to it, and resisting it will bring you nothing but dismay and darkness. Trust the higher power at work here! Trust your TRUE Self! Be open to learning a new way and allowing yourself the freedom to be the REAL, INCREDIBLE PERSON YOU ARE MEANT TO BE! Consider the major life changes you've been through already and what caused them and what you have now, because of them! Be honest. Go beyond the insignificant details of feeling like a victim and allow the wonderful changes we could never have imagined or pursued without the trauma and drama!

So be grateful for the wonderful things your enemies have opened you up to; they give us so many incredible gifts, and for that, we truly can love them for the role they play. They provide the assistance we sometimes need to change ourselves for the better, so really, there's nothing to hate or be angry about, nothing to hold a grudge about. Yes, keep a healthy, self-loving boundary with them, but allow yourself this realization and peace will settle in. Love for all, especially yourself, settles in!

Now we're all human, so we will get lost in the insignificant details of wrong-doing sometimes. Just make yourself a list again and focus on what you're grateful for, or grateful for knowing, because of them. Always continue to look at things another way because there's still so many wonderful things for you to discover! Our enemies are usually the best thing that could have happened to us, because if we choose to love ourselves more, WE WIN! If you still struggle, dig deeper. Ask yourself if you NEED someone or something else to blame for your unhappiness or lack? Do you NEED to be unhappy or to lack anything? WHY? Be honest and work on that. Heal it all. Look another way . . . here's a mantra or prayer I like: "I am grateful I can learn more about who I truly am and what I want my life to be in a joyful, easy, abundant, loving way."

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