

## Neutralize It

Dark forces seeping in too long make us feel hopeless. We do all we can to think positive thoughts, stick to our inner truth and the bigger picture, knowing there's always a higher purpose for all the chaos. After a while, though, our human pieces are tired, and we feel defeated. Even if we can stay focused on the divine possibilities, we're torn about what to do. We just get worn out. All we know is, we want to be done with it already!

This applies to our own personal challenges as well as the big issues in the world. Literally and symbolically, free radicals, physical issues and limitations, fear and poisons, and negative things of all sorts exist on all levels—from the most minute cells, as individual beings, and all the way up to society as a whole. We know by now that we cannot control it. We can't control other people. We can't control society or what it's doing. We can't control most circumstances or experiences we have, including things that challenge our bodies, minds, or our lives.

So, we surrender it. We let go. We release it or offer it up to a higher power or higher thoughts. We just want it healed and resolved. Even so, the rough and tough stuff hangs on, seemingly forever! Do we really have to just put up with it and suffer, or put our life on hold until something we can't control changes? How depressing!

I say NO! I say there is more we can do. Go back to the basics that in this intricately-designed world, you are absolutely here, right now, right where you are, exactly as you're meant to be for a huge purpose! Remember that every single thing is connected and part of the whole, therefore, absolutely everything you do DOES affect the whole! In other words, your thoughts, actions, and your mere presence DOES affect everything and everyone else, whether you can fathom or not. All parts of you affect your overall well-being. You really and truly are that significant. Accept this fact, and you can choose to make a beautifully strong, positive impact!

What happens when you commit to following your heart and soul's guidance—that inner knowing where the Divine talks to you? Hopefully, you will have tried this out by now and realize that no matter what's going on, as long as you listen to the peace and warmth that tells you the truth about your choices and existence, there's a warm light that shines within you and radiates out. Quite simply, light shining on dark transforms the dark into light. IT NEUTRALIZES THE DARK!

Whether we use the word love, energy, or light, a person acknowledging and committing to their true essence, using their whole being—the physical and divine sides together—holds the most power to make a divine and physical impact. Proximity or other's attention to what you are doing really doesn't matter, although intentions with a common desire will make the intensity grow. So whether we know others are holding the same healing desires or not, those thoughts are absolutely joining into a magnificent force. The stronger your inner light, the farther it goes out and affects others as it shines on the darkness, oftentimes helping them to see the truth and empowering them as well. Understand, it is not “fighting” or counteracting it necessarily—it is CHANGING it!

Even if we can't see the direct effect, we can always neutralize what we become lost in. Allowing ourselves to grow into more and more of our whole, true selves turns that light up bright, clearing the murkiness more and more (again, for ourselves as well as others). Soon, we have the clarity not to get distracted with all the little human details—all the noise outside of ourselves that tries to control our small brain. That allows us to continue

resolving what we may not love unconditionally about ourselves, which again, just enables us to start loving everything and everyone in our world a little more unconditionally.

As we navigate more and more parts of our life with more truth—more clarity—we realize everyday miracles are just part of that life; we start to remember, anything is possible. We allow ourselves to remember that no matter what it is, we can gratefully hold the intentions that it be transformed into something loving, healing, and for our highest good. Then all we have to do is believe and accept it, in whatever form it takes, even when it doesn't make sense, trusting always that it is for the highest good not only for you, but naturally, for everyone else as well. Don't question the outcome if you don't understand it; you may never understand it, as there's always, always, always so much else going on.

The point is, there is a Higher Power, a Loving Creator that can transform anything us silly humans can mess up. The whole Universe was created to support us, to provide everything we need to heal and resolve everything. All we have to do is be our best and truest self and courageously ask, believe, and follow our Divine Guidance above all. Focus on the most loving and beautiful outcome you want to feel, not necessarily how to get there; allow God or whatever you call the Source of Love and Light to take care of the details. We often can't even imagine it!

As you receive direction, whether it be what to eat or drink, what products to use, what not to do, where to go, who to spend time with, what activities you should or should not do, or being aware of your thoughts—replacing harmful, fearful, outside-of-your truth thoughts with loving, divine, healing thoughts, DO IT! Your free will still drives the outcome! You are still the boss of your choices and responsible for your life! All the while, remember this: The possibilities are infinite in the Divine, and we are divine at our core, so anything IS possible.

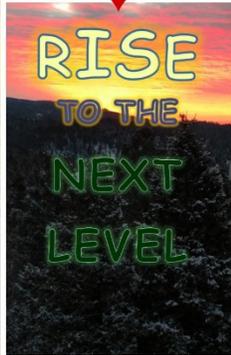
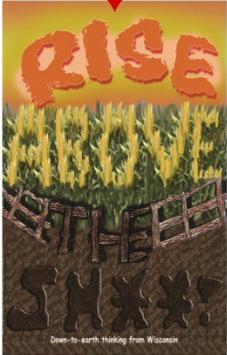
It can literally neutralize a substance or change it into something that provides a healthy and healing effect on your physical body, even if that's not “normal” for that thing. You can always ask God to allow only a healthy and loving impact to you. Trust it has happened, even prior to it, for your highest good. In the same way, chaos in society, even the deepest, darkest divisions, can be helped in the same way. Your light shining IS light shining on EVERYTHING, thus some of the shadows will be removed, at least for some that are willing to look within themselves. While we can't necessarily tell others WHERE the truth is—where the light is that we see—our example alone gives them inspiration, courage, and determination to seek out more. That intention alone counteracts, overtakes, and changes the darkness into light!

A word of wisdom: We can't possibly know the Divine Timing or the method that will best help mankind. We have all witnessed discomfort, division, and destruction birth miraculous, mind-blowing greater goods that we never imagined, both in our personal life and out there in the big world. We KNOW this. Within ourselves, we just need to keep doing our best, knowing that's how we can best affect the entire world. This is all we can control, ultimately, but following our soul-led truth in thought and action will impact the outcome, no matter how dire, no matter how hopeless.

THAT is where we find peace, love, and joy . . . it's untouchable by anything and anyone else. It's Unconditional Love in action. It's the Divine Oneness working its magic in one of its light beams—YOU. I'm forever grateful beyond human expression that you realize your Divine Love. Together, I know that the Highest Good will always be because truly, LOVE CONQUERS ALL. *~Mary Anne* ©Copyright Annie Press, AnniePress.com

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