

“ WHAT PEOPLE SAY AND HOW THEY ACT ARE TWO DIFFERENT THINGS. LEARN TO TRUST YOUR INNER VOICE, CAUSE IT NEVER LIES. ”

No Shame in Wisdom Gained

Even as we know something is not good for us, be it a habit, food/drink, people, activities, work, or believing known liars over what our inner guidance tells us, we choose the “bad.” WHY? Could it be that some act of “survival” or “belonging” or “having control” takes priority over our own welfare? Are fitting in with the herd and the comfort of our habits more important than everything?

Can we learn to watch for signs among people that may have their own agenda and could care less about you, and maybe not *always* do what they say? Close-up, they shame you or laugh at you or pressure you into following their wishes, beliefs, or supporting their opinion, especially their opinion about you. They’ll tell you, “Oh, you’re too *this* or too *that*,” as if there’s something wrong with you. They will say worse behind your back. Their survival depends on a zombie following (those that will not truly think for themselves). They drain you and make you feel anxious or aggressive, never peaceful or free to truly just be yourself.

We don’t realize they instill fear to the point we’re afraid to do anything for ourselves, including life and health choices that could save our lives. Yes, we’d rather die for these known liars than lose their approval. This sad thing is, they don’t approve of us, they are just using us. Even if they seem to care at all, it’s only because it will guilt you into doing whatever they want later. We know this. We forget too often that this is what destroys communities and countries, bringing harm to the entire world, literally.

Am I being dramatic? Look around. Honestly, look around and observe! From your closest ties to social media, news, and the money-making industries world-wide, what do you think? It’s right there, on all levels and it’s why we struggle so. Anytime we deny our true self, our reason for being here by NOT tuning into the truth inside of us, we will struggle. As we struggle, it ripples out like a pebble in a pond. Whatever we do, ripples out. We constantly forget that the one person that knows us best, the person that knows what’s best for us and what’s really true for us, can only be our very self. So why are we letting all the SH** out there push our dear, precious life wherever they want to push us? Is what you believed still working for you now?

Maybe you think you’re not smart enough, worthy enough, capable enough to make your own decisions? Maybe you think because you screwed up before, you can’t trust yourself anymore? Listen to me! Anything you’ve ever done, any labels you carry in shame or blame, anything anyone’s ever done to you or said to you are all part of the human experience. This human experience is shaping you into a unique knowledge-holder! You will eventually figure out that you’re much more capable and strong than you ever realized. Look at what you’ve been through already! Why do you think you survived? I can tell you, it’s because you are critically important to this world BECAUSE of the unique things you have experienced—I can guarantee that!

Everyone has their SH**. Everyone has their “flaws.” There is NO SHAME IN WISDOM GAINED! Just tell me you didn’t learn something more about yourself and your life? Tell me you didn’t learn something more about other people? What you know now does and will help you and others, but ONLY IF you let that true wisdom out! You can’t do that, hanging out with people and media that sway you into doing whatever they want and never using that wisdom! We need you, don’t you get that? Even if you just believe or trust or sense that what everybody else is doing or saying may not be truly how you feel, what harm is there in allowing yourself to think about it more? You certainly don’t have to share all your thoughts with anyone, but it’s the worst

self-destructive act to follow the orders of someone outside of you before what your heart's truth is telling you. Remember the phrases about "Let go and let God," "from death comes rebirth," and "the Phoenix rises from the ashes?" It's all talking about letting your old identities and beliefs go so you can be the REAL YOU!

It's 2020 as I write this, and I know that people will soon be making harder choices for themselves and their families that can mean life and death, if they have not already. The blessing of everyone acting out like they are, is that you quickly see what's REALLY in their heart; we are seeing true colors. Now, I respect whatever life route each person chooses as I know it will all work out for a greater good. Still, I know that following one's truth is always also for the greater good of all, so I give it my best shot. Even when you feel what is right for you moves you in the opposite direction of what everyone else seems to be doing, it's a sign of courage, strength, wisdom, and faith. In the end, you will only regret when you did NOT listen to your own guidance.

Let ALL the SH** out there go, even if it's a little at a time. Let it go so your true people can find you and support you. Let it go so your best health, happiness, peace, abundance, wisdom and peace can come in. Let your dreams come in! You will notice how you become fearless and calm (even in chaos) after doing this a while . . . it's pretty awesome. I can also guarantee you haven't even started to tap into all the beautiful things waiting to be freed inside of you. It is all held hostage by your ignoring it . . . by you faking who you are . . .

It doesn't matter what you did or what happened before; if you can find some appreciation, if you realize you want to change something, if you are becoming more heart-centered and truthful to yourself because of it, it's WISDOM GAINED. Then it all happened for the highest good and it was not a mistake, no matter what! Forgive—mostly yourself, start listening to your heart, and move forward! Life is not over for you yet and I for one, would love to enjoy the better world we make together! ~Mary Anne

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