



## Relieving Pain

I'm here to help people get unstuck from whatever is keeping them from remembering who they really are and why they are here. I'm here to help people remember their critical importance in the world. But when a person is just trying to survive (in any way), it's nearly impossible to find the clarity to be one's true self. It is with great compassion that I urge people to be very brave, and to open their heart and mind to finding their way out. My first book really focuses on this—overcoming what holds you back or down in life, so that you can start to explore the life you came here to live. **(Rise Above the Sh\*\*! Down-to-earth thinking from Wisconsin)** When you're in pain most of the time, be it physical, emotional, mental, or spiritual, it's very hard to find our way to anywhere, even for a brief moment.

I feel you. I'm so sorry for what you've been through and are going through, and even if you feel like it's behind you, we all carry around certain remnants of pain. Being human is a healing journey, so an honest person can never really say they have healed “all” their pain, but we can find the light and spend more and more time not suffering. Really, we can. Choosing is the key; being grateful and realizing the opportunity in everything is required. Instead of suppressing it, embracing it and exploring it is necessary. Your mind may tell you that you don't want to go there, but remember, your beautiful mind is all about helping your physical self survive. It doesn't always know about the rest of you—the wisdom and love and resolution that already exists in your heart and soul. It's time to introduce them and allow all the fascinating aspects of you to work together. When we continue to hurt, it's a sure sign that we're holding back a huge part of us that is desperate to live, to be a part of our life; the harsher the pain, the louder it's been screaming to you. It's time to listen. Isn't it time for relief?

Stuck. That's what it is. Something's stuck. It will remain stuck as long as you keep doing things, thinking things, believing things the way you always have been. So if it's not bad enough yet, to where you're willing to look at other options and change something, this won't do you much good. Maybe it's worth a couple more minutes though, to just read on, in case you could use this later, though? The process is really much easier than you think. Yes, you've tried many things if you've dealt with this a long time. So you know what *doesn't work*, right? You know *who hasn't helped*, right? That's good. You've gone through fulfilling the obligations and you know the results. It's time to realize that the true healing, the true relief, will come from YOU, as you follow a little inner guidance. Or if you REALLY want permanent resolution, a LOT of inner guidance. I just want to point out that deep inside, you have the answers for everything that you are supposed to know, for your highest good.

So let's start with that: Your Highest Good and Reason for this Life. The reason your soul wanted to be here on Earth right NOW and exactly where you are. I hope you are done being fooled about being random, by now. So remember, every single thing and every single person and every single event is an opportunity for you to remember why you are here and who you REALLY are, deep down. No matter what amount of “covering up” you have done your whole life, no matter what's going on now, at any moment, you get to CHOOSE AGAIN. Choose different actions, different thoughts, believe in different possibilities. The truth is, our tiny minds can't even touch on the magnificent true possibilities! Don't believe me? With pure and real intentions and a completely open mind, take the time to ask the Divine to “Show me things that are possible, beyond my imagination,” and do it with gratitude and love, not as a demand. Then get out of its way and pay attention and trust in it when it comes! People call this surrender, or letting something go. I recommend it for everything, big or small!

So pain comes from something being stuck. You may be intentionally holding on to it out of fear, or even out of love, thinking you're taking it "away from someone else." I have to tell you, neither works. Everybody loses and has more pain in both cases, so try again. Choose again, now. The PAIN is trying to tell you IT DOES NOT BELONG THERE . . . IT needs to move on. How do you do that? Allow it to move by acknowledging it, loving it, and asking what it needs, and then LISTEN and DO! No matter what kind of pain it is, again from spiritual to physical and anything in between, allow yourself to keep asking yourself why and what and listen to what your heart and soul are telling you about it (not the mind, remember!) Let the soul communicate to the mind and set things straight in there. Many times, you don't need to know the original source of the pain, since you may have picked it up from someone or something else, even general consciousness, but in all cases, you have to want to let it go.

Don't hold on to it to have excuses. Don't sabotage yourself thinking you're not worthy, or to hold on to something or someone. Nothing is stronger than love—love for yourself equal to your love for others because YOU ARE A CRITICAL PART OF EVERYTHING! Harm yourself, and you harm the world. It's true, like it or not! You are here to be part of a beautiful world, period, and your soul knows it! Let it lead for a while! Now in my **COMPLETE HEALING** Book, I have chapters on releasing pain through SHAKE HEALING. The idea is to allow yourself pure intentions of releasing the pain with love, and if necessary, to allow yourself to shake physically to move the stuck energy. If it keeps coming back, it's just trying to help you seal up some holes you still have in knowing who you are. "Shit only sticks if you're sticky," is a favorite quote of my dear friend Amanda. My translation is that no matter what goes on in the world, it can only affect the parts of you that are still yearning to be healed—for you to realize the truth of your soul's beauty, and the pure love and light you are made of. So if something's causing you pain in any way, find your icky spots and address them with love and compassion. "Be gentle," is another Amanda saying. Love is truly the most powerful and infinite thing there is. And love is what you're really made of, all the way through. Got pain? It's time to remember what you're made of, my friend!

~Mary Anne

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