



Watch Your Step

by Mary Anne (Author of Rise Above the SH** and Complete Healing)

Let's get brutally honest, here. There's a lot going on in our world right now. So many changes that directly impact you, your loved ones, your country, and the entire world. We all feel it. We're ALL in it. I need to caution you to just watch your step right now, because the edges are jagged and slippery, and if you don't watch where you're going, it's so easy to become part of it. If we're not careful, it spreads, like an oozing infection. It seems to be out of control! Hopelessness sets in. What can you do? So much more than you'll ever realize . . .

But you see, there's always going to be unpleasant stuff. You can find it just about anywhere, any time. But this year, 2020, the year I knew was coming in as "the year to have clear vision—2020 vision," it's no surprise to many of us that things are getting shaken up a bit! We don't want to admit that all that ickiness has always been there; it will always be somewhere. So naturally, when things start to spin, many lash out in an attempt to hang on to something. They blame and hate and protest and rebel. Some retreat to a corner, in a ball of depression and anxiety, sadness and hopelessness, just waiting for it to all go away. Some are completely lost. They have lost their sense of control and power and can't find themselves without some of the "normal" routines and things in their life, and it pushes them to very uncharacteristic behaviors of all kinds. What a mess! It's so easy to make a mess! Predictions are that there will be more coming in this shifting year.

So even the peaceful, love-all groups are irritated and disappointed. I have felt it over and over again . . . I am so tempted to jump in and be angry at people; I feel ashamed and sad over how we treat each other and hurt ourselves constantly. But then something reminds me, that if I so much as dip my toes into the pit of despair, I ADD TO IT; I GROW THE INFECTION and I CAUSE MORE HARM! I don't want to do that, so I need to keep myself in check! I owe it to myself. I owe it to my family. I owe it to the world. I feel it is my responsibility.

Even when we think there's nothing we can do about the turmoil, there IS ALWAYS something we can do. There is ALWAYS something we have control over. We all know we cannot control the world, or even the person closest to us. We KNOW this, yet we become upset and unruly when we realize we "lost control." Hello? We never had control over those things and we never will! We forget too easily, that the ONLY thing we truly have control over is what goes on within our own being, and that's our first priority! It HAS to be, because you can only give out what you have for yourself. Haters give out hate because they are NOT taking care of themselves and their heart knows this and they feel some hatred towards themselves. Same thing with depressed people . . . they are very sad they are not taking better care of themselves, somehow.

So the year 2020, and maybe beyond, will unveil one mind-blowing thing after the other; we will think the world's gone crazy more than once. And maybe it is—it's getting a huge shake-up . . . a huge wake-up. But we each have a choice, and I think a huge responsibility in this, so again, WATCH YOUR STEP! You *can be* creative and flexible and kind and find the good in the bigger picture—the highest good—if you just lift a finger to do so! It's much easier than trying to climb back up a slippery slope that you allowed yourself to step on; it'll suck you in faster than you blink! Do you want to add to the problem as a hater, a harmer, or an adult someone else needs to worry about while they have their own hands full? I'm thinking no one really wants to be this way, so I plead with you, don't be reckless! Watch what you're doing and where it could lead you!

What DO we do then? We want to know the truth. We want to know the facts. Maybe that's okay to do and maybe not. I mean, it depends what you're doing to do with it. How are you going to use that information? If it's just ammunition for you to attack or blame, or crash someone else's world, what GOOD is it? It's NOT! It's just pulling you into the ugly pit, and therefore, you just *grew* the problem! If you absorb it or let it absorb you, it only harms. That's the reality. So choose wisely! You have the choice at what level of information you jump into! Even IF you don't think you're letting it penetrate you, don't be silly. Things ALWAYS have a deeper effect all around, than we realize, so just plan on taking a double hit of whatever it is.

You have a choice! Imagine that you--your being--is a house. It is your duty to keep it safe, and then whomever you interact with can do so safely too. Now, there's so much being flung around outside you, from people close to you and all around the country and world; it's one thing after another! There will always be more coming. So is it wise to step OUTSIDE your house and go stand in it, waiting for it to hit you, or could you just watch from the window? I'm not saying close yourself off completely . . . you can still see and hear what's going on and creatively take care of yourself, no matter what, but you certainly don't have to go STAND in it, right? There may be other times you may need to get involved some. Maybe your opinion, expressed in a HELPFUL, LOVING WAY, is needed; maybe even an action of some kind—but an action that DOES NO HARM! You can do that, right? You're smart enough to think of a way, right? Okay, IF you can do it in a kind, human way, step out on the porch for a moment, but keep the door shut behind you. When your heart feels it's through doing something good "out there," step BACK into YOUR HOUSE and SHUT THE DOOR!

You have plenty to do in your house. You need to keep the supplies you need (any activities that you can come up with that's truly good for you) and you need to keep your house clean (thoughts, prayers, music, communications including social media). THIS IS YOUR FIRST PRIORITY, because if you do those small things for you, it will automatically ooze out of you in the same way to everything outside of you. You become the natural light that helps to neutralize the infection, just like that!

The confinement and extra time that most of us have in 2020 is here to provide TONS OF OPPORTUNITY for self-care, which starts with us REALLY tuning into the truth in our own heart. If you knew who you really were at your core—a beautiful being, here right now for a beautiful purpose for yourself and the world, you would be quite zealous about getting to know yourself more. I know you've got it in you, so my hope for 2020 is that most of us TAKE the time we have and well, that the world continues to give us the precious gift of time we have right now so more just take a peek at what's inside . . . it's truly all that matters, NO MATTER WHAT the world throws at us!

You see, you know this: The only thing you can control and rely on is you, so stop blaming anything and anyone else for your happiness and success. Be kind and gentle to yourself first. Be careful where you step in thoughts, words, actions, people, and propaganda (even facts and truth) you expose yourself to! Instead, take a second to ask yourself, "How can I feel more joyful right now?" There is always a way, and we're counting on you to find it. Thank you for being part of the joy in my world. Take care of you now. ~Mary Anne

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