



What's In Your Space?

Birthdays are a big deal for me since my early 20s when I started taking my Dad's advice, that if I really spent the time being grateful for everything, I would turn a year younger. I'm telling you, it works! So by the eve of my 56th birthday when I was really spending the time to reflect on and appreciate life, I had one of those dreams with the biggest birthday gift of all, an answer to my struggle of “How to allow empathy, compassion, and understanding without absorbing it and hurting myself?”

I heard it clearly, “When you don't contemplate what your heart and soul knows is for your highest good and courageously follow through with it, it's the same as inviting something in to possess you.” There's space in your being. There's energy everywhere, that's always moving. If you're stopping your true energy from occupying you, you forfeit space, often to anything or anyone that is drawn to the parts of you that you are dishonoring or suppressing—the parts of you that you're not allowing.

WHOA! Most of us have habits of allowing these constant “take-overs” and it makes us feel awful things, do awful things, and honestly, lose who we are! Here's some common symptoms:

- x Feeling bad or out-of-sorts in any way, ongoing pain/issues you can't find the source of
- x Doing or thinking things because others are, to keep the peace, or make others comfortable
- x Staying silent but staying in, or returning to interactions that don't allow your truth
- x Wanting to take others' pain, suffering, problems and feel guilty being happy as well
- x Letting someone else have something maybe meant for you (harm comes to both of you then)
- x Doing or believing something to be polite to others or because you've made them a god

Remember the design of our universe: When you “win” for your highest good, EVERYONE WINS, in some way, and you can't possibly imagine the extent of it all. When you “forfeit,” EVERYONE actually loses! Many people have allowed this take-over in their mind and body and life, their whole life. So like me, they struggle with how to STOP it. We only pay attention to it when it starts to cause intense struggle, physical pain, mental/emotional overwhelm, intuition flags, or we do things we're not proud of and start to question, “What on Earth possessed me to do that?” Much more subtle, we may also actually realize we're not grateful for life or people, but really have no reason for the bad attitude.

We have simply forgotten that everything and everyone is an opportunity for us to realize the purpose and joy of our unique reason for being here, in this life! It's a chance to choose and remember or learn who we really are, deep down at our soul level. Absolutely EVERYTHING!

I fell back to sleep, pondering what more I could do to break my habit of allowing “energy take-overs.” I already clear them throughout the day since I feel it more than ever. I saw The Hand symbol

in my dream. Two days before, I had subconsciously put on a new bracelet of the hand/palm symbol I had been drawn to. I spewed out an explanation of it when a stranger complemented me on it, the day before this dream, but the words didn't sink in to me then. I had told her, "The hand has many meanings, whatever the person needs, from "STOP!" to Protection, to "Only love allowed in and only love allowed out," etc. It's different moment to moment to remind the person of their responsibility to themselves, especially. You see, when we slack off being our true, soul-guided selves, we close our eyes and just let anything out there hit us, randomly. We put ourselves right in front of it!

So many of us were born putting others "first," sacrificing what our heart really wants, and thus forfeiting our being with all its energy for a beating. It'll never feel right or work out for the ultimate best when it's not genuinely the own person's energy taking care of their own life. Pure love, the highest good, always benefits both, equally, in some way. You can't possibly know what that person's soul really needs; all you can do is mind your own soul and have faith in the design of humans. What's best for you is ALWAYS what's really and truly best for all, even if others make horrible choices in our opinion. We can never truly know what their role is on this planet! Mind your own life!

Please, take the time to think through choices you made that didn't feel blissful in your heart. Who's energy, who's shit was really behind it? Don't use this to blame anyone, but to learn how to stop forfeiting your life force and your life's purpose of being your full and complete, heart and soul-guided SELF! This is the ONLY WAY TO TRULY HELP OTHERS! Those interacting with you need your True Self to learn and continue their journey! Don't judge. We have no idea what they need to go through to have a chance to commit to their highest good too, but the light is stronger when you shine yours!

Change it up! "That doesn't work for me anymore. I choose again." "What is the most loving and highest/best thought I can have right now, instead?" Remember, when you mind the divine part of you, you become a better human, naturally, and you know, I mean YOU KNOW, that what's best for you helps the entire world, no matter what. And the more you be you, where your heart and soul

feels joy and peace, the less dark, unoccupied spaces you'll have in your being for **something else** to crawl in to!

~Mary Anne

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