



Cobwebs Everywhere!

Cobwebs everywhere, including in my brain! I had to take notice. I moved into some unused rooms by a lake that the spiders had become quite fond of, and it's in my daily routine to clear away the new cobwebs forming where I had just knocked them down the day before. (I'm pausing to kill a spider crawling on the wall next to me now . . . they are everywhere!) I don't blame them, they're in a prime location and they catch a lot of bugs and I appreciate that, but I finally came to terms that this is MY space now, and they have to go. So while I appreciate their industrious work ethic, I keep sweeping their work away from my living space and just outside my door, to keep the webs out of my hair, literally.

I'm like those spiders, sometimes, going through the same motions every day, even though what I'm doing is futile, because it's in the wrong place or at the wrong time, and it just doesn't matter the next day what I did. What a lot of effort for something that can't support me the next day! As I step into this uncharted time of my life, it's fitting that new acquaintances refer to me as "Mary Anne from Gilligan's Island" because honestly, sometimes I feel stranded on that unchartered desert isle with just a few others around me. I just don't know what's out there, or even what's here, right where I am and yet, I appreciate the beauty and the leisure of my new life; I'm definitely on an adventure, and a big one! I just have to learn to navigate a little differently now. It's all so shockingly new!

I know I've reached that point in my life where I just don't want any more of the stuff that creates those cobwebs in my mind or in my life. I want clear, clean, open space to move through to get to wherever it is I'm trying to get to; I don't want to be constantly spinning around to brush all the gunk and extra junk off around me. It consumes too much time, energy, frustration, and frankly, it distracts me from what I'd rather be doing; it traps me like the bugs that get caught in those spider webs! So thank you, busy spiders, for the perfect analogy to remind me of this as I destroy your works of art every day. It's just time for you to spin elsewhere, as I'm claiming THIS space now; I have better things to do than to clean up after you or be concerned with what you are doing or where you are choosing to go. The rest of the world is free to do what it wants, but I choose to do my own thing, in MY space, that is rightfully mine because I exist on this planet, too.

As I pay a little more attention as I'm cleaning up a web, I often spot the cobweb creator in the space we can't both occupy and unfortunately, I have to squash it, just like the beliefs, feelings, situations, people, and random thoughts that no longer help me be the person I know I can be. Let me be clear that I'm NOT recommending you fight anything; instead, face it, embrace it, and get to your true feelings. Be honest about how it makes you feel and why, and deal with THAT and choose to let it go. (I'll maybe write more on that process soon, as I've been working hard on this!) I send them off with gratitude for the work they have done here, but tell them they are no longer needed or wanted. That open space is for me to create my new dreams and truths about my life now, and I will take every bit of it of that space back.

Moreover, Mary Anne doesn't need to be stranded on her desert isle and sit in the middle of the tossed-upside-down life and unpacked boxes that seem to be following me. There's a gorgeous big body of water just beyond those cobwebs calling out to me every day, to come join in the fun; more wonder awaits! Again, fitting that such a huge cleansing mechanism is right outside my door, literally for me, just beyond the things that cloud my vision! Oh, for weeks, I was

too damn busy to even dip my toes in the water . . . can you believe that? I simply admired the shine of the sun and the moon rays off the water from my bed for just a couple of minutes before I zonked out from exhaustion every night, and on my walk to my computer in the morning. Eventually I had to harshly examine myself and ask if I was wasting life? Again I reminded myself, we make no mistakes, just lessons and things we need to go through to get to where we need to be, so it's ALL okay! Time to do what I want more now, though!

So I'm continuing to work on getting my "sea legs" in my new life but I acknowledge, it's a good life, and soon to be great, as I ease into it. I'm letting myself do little things, like take a walk before I start work and enjoy the amazing scenery and opportunities around me, and get out on my floaty once in a while. I bought myself a paddle to help me feel a little more secure venturing out away from shore a little, again reminding myself I need to allow myself this in life, too! Slowly, I'm working my way up to letting the wind and the waves gently float me around wherever I'm supposed to go; they are my friends and work hard to turn me in the direction my heart wants to go. Trust reminds me, it is my friend as well. By the way, I honor the new people in my life that tease me and keep me grounded by calling my little floaty, "The S.S. Minnow!" (Take that, you smart butts! Hee hee!) Allow yourself this kind of thinking, whenever you can . . . join me . . . the water's fine!





~Mary Anne

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