



## **STRUGGLES? Come Out of Your Cocoon!**

If I promise not to be a major downer, can I talk to you about something that absolutely breaks my heart, every time? This upsets me so much, I'm having a hard time finding the words to describe it at the moment, so bear with me.

Please, someone, help me find that "sure way" to wake people up from the hypnotic struggle they chose to exist in! Yes, we all are free to choose how to live our life, but throwing it away shamelessly hurts SO many people around us, near and far.

I know where it comes from. Someone or something pushed hurt or fear or wrong information towards somebody else, and now, they're forever stuck in the SH\*\*! Not only do they not know how to find the truth and escape, they seem to find comfort—yes, comfort—in the struggle. They think it's "normal" and that they fit in more when they are struggling! They feel more secure risking it all because it's more familiar to them, and so, they don't even try to step out of the SH\*\*, even as it grows massive enough to choke and kill them or their life.

Again, you may think I'm exaggerating, but give it some thought, and tell me I'm wrong (please!). . .

- People seek out and choose harmful relationships, pushing good relationships away
- People choose to risk their health and think it's "normal to be sick, once in a while or even permanently"
- People mindlessly spend days, even their whole life, in misery and doing things that do not fulfill them

Now I don't take it personally when I tell people that for 5 minutes of reading a week, my book will absolutely give them ways to make life incredibly happy, and they are not the least bit interested. I respect the fact that not everyone wants to be happy, for reasons I am so blessed not to be able to comprehend, but it still seems impossible for me to sit quietly and watch someone literally destroy themselves and/or their life.

We've all known of extreme examples, and have probably handed easy solutions to people on a silver platter, only to be ignored until hearts are broken, lives end from disease, and lives end in regret. So sad and so unnecessary! It's heart-wrenching to watch someone literally throw their life away, as they refuse to pause for a moment to consider if it's truly what they want! It's even worse to consider all the other lives they impact in a harmful way, especially their loved ones and children, who are extremely likely to continue the self-destructive patterns they observe! : (

If you know me at all, you know I'll risk overstepping my bounds at the mere chance it may provoke some thought, whether now or any time in the future. It's not always welcome, but I sleep better at night knowing I tried. All the while, I have to remind myself that everyone's free will gives them the right to live however they chose, even to the point of pure misery and destruction of themselves and others. All of us do the best we can, at the time, and we need to pray more for clarity and guidance for ourselves and others.

As we notice someone struggling and try to help them, we need to respect the learning process required to learn that life's lesson. Think of the person struggling as being wrapped up in a cocoon, hiding as it makes them feel safe. We can provide encouragement and advice as to how to emerge from the cocoon and what it will be like to have wings and fly, but we should not pry open the cocoon for them. A real butterfly must go through the slow process of breaking the cocoon open to build the strength required to survive once out of the cocoon, and its wings are not ready immediately. It must rest and be patient while its wings dry out and complete the transformation to prepare them for flying. It's critical, then, that we not enable self-destructive behavior by catering constant attention or too much help to someone

who really isn't ready to come out of the cocoon. Prying it open and pulling them out will cause permanent damage to their wings, possibly making them non-functional. We all know people that will never fly, either by choice or because someone pulled them out of their cocoon (like parents that control and spoil their children, for instance—those children will never even realize they have wings or what they're for). Such a waste, isn't it?

So to anyone I may have offended in my feeble attempts to coax them out of their cocoon, please remember me in your prayers, rather than waste any energy on negative feelings about it; right or wrong in your eyes, I do the best I can, too. And to those that have been my angels, reaching out and providing divine inspiration for my struggles, I can never thank you enough. Wonderful things happen when you simply exist as your true self, like the very talented photographer, Vince Carter, who graciously gifted me with a large photograph of the butterfly above, just as I was pondering my frustration with helping people out of their cocoons. I had not shared that frustration with anyone; there was no way he could have known. I framed that photo and look at it, every day, and it brings me wonderful comfort. Vince has an amazing nature portfolio and can be contacted at [Vince\\_9\\_11@yahoo.com](mailto:Vince_9_11@yahoo.com).

Thanks so much for "listening" today . . . let's do our best to open up our wings and encourage everyone to do the same . . . I truly believe no one really wants to crawl and just drag them behind, their whole life! See you out flying!

~Mary Anne

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