



## Everybody Sees Through Your Masks

Life's beautiful struggles . . . where would we be without them? No matter how loving and compassionate you are, sooner or later, somebody's gonna really challenge your niceness, usually someone you REALLY trusted blindsiding you. What lower blows could you possibly take? Unfortunately or fortunately, I've learned, this forces intense growth in your character, hopefully for the better!

So some recent events made for an ugly picture (mostly of the compulsive-lying people involved), but also to everyone it landed on in some way. Shit spreads like wildfire, even to tons of people not directly involved in any way, as the sinking vibes from all of it brings people down and wastes valuable time gossiping and comparing stories. Maybe that's what I get most irritated with. People don't even realize they are becoming part of the shit. Or maybe it's the pure nastiness of people acting horribly, when there's a much more respectful way to do things, that would have been so much easier. Why does it bother me, I have to ask myself? I guess it's just all the people ignoring their souls, thinking no one knows. More so, maybe it's because I don't do something about it to wake people up, so here's where I start . . .

When people are lost and miserable, they spend so much time bullshitting themselves to cover up who they are, that they actually think other "normal" people are buying it! The only happiness they know is shallow instant gratification that doesn't last. Inside, they're sad, angry, depressed, and do whatever they can to stomp on any of their real feelings. They forget that others can clearly see this. Even as the bull spews out of a soul-suppressing person, listeners are so dumbfounded that the person is even saying it that they often are at a loss for words. The bullshitter mistakes the listener's reactions for shock at the story they tell, when they really can't believe how far gone the talker is, to even say the words. We just give up responding because we know it'll be a waste of time. Either way, we often play stupid or back away because we hear their soul crying out for help, but know the dummy in the body in front of us is not listening. That's sometimes the best way we know how to love them and to maintain our self-respect. It's too bad they assume our niceness is because we're naïve and buying their bullshit, when that's the opposite of what's happening. Poor soul.

So how do we "handle" these people, I ask myself? Well, there's avoiding them completely when you know they can bring nothing good to your life (that's called self-respect and you HAVE to do it when you can!) Then there's limiting time with them, when it's just not appropriate to keep them out of your life (like family or coworkers), or limiting your conversations to what you have in common. But what do you do with the major offensive things or lies that continue to hurt others? Doesn't something HAVE to be done? Everyone else is enabling their craziness by ignoring it, so shouldn't we, as the sane ones, step up and do something to try to make them hear the real voices inside them? But how?

Well, we all know, we don't want to stoop to their level. We could behave like the low-lives, and go around bashing them and telling everyone what they did, but that won't make us feel good (though sometimes you have to tell some people the facts for various reasons—but then, try to do it in a non-judgmental way). So what's left? Hold a grudge? Hope they get what they deserve? Do something to keep them in-check (like call them out on it with the right witnesses or something)? Are we responsible for setting the record straight and for addressing the offenders to help them realize how far gone they are? I pondered this long and hard, and can't say washing our hands of it and walking away is always the best thing to do. There's nothing stopping the offender's madness and misery if no one EVER cares enough to do something. And I know from experience, they just get worse and do worse things with bigger lies and hurt more people!

If we just wear the "fake smile and hope we can minimize our time with them" mask all the time, we hurt and disrespect ourselves AND we encourage their continuation of this bad behavior. We correct little kids for less, so why are we so timid for correcting a fully-grown and knows-better adult? How silly! I finally know better now, that staying silent and wearing the "NICE" mask does an extreme amount of damage to one's self, to the offender, and to all those that will continue being offended by the whole nasty thing! I won't do it anymore; I have plenty going on in my own back yard to learn these new ropes of calling bullshit gracefully, when I see it. They will be seeing a major change in me for sure . . .

The tricky part is to remain in your heart and soul's space, and NOT to take a dip in their shit because they will do everything in their power to pull you in, should you put yourself out there, on the edge. So how do we do this without being a victim (again!)? I keep circling back to what I hear these people's souls say to me, which have included, "I'm sorry, I feel bad for what I'm doing." "I'm hurting and don't believe in anything anymore . . . this life sucks!" "I feel guilty enough and it's worse when I see you." "I don't know how else to get attention, so bad attention is better than none." "You have reason to hate me, so why don't you?" We can HEAR their souls, if we just listen.

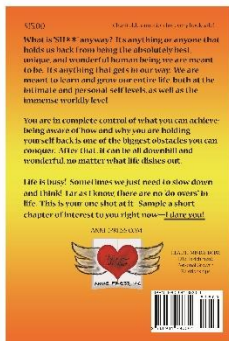
Stop and think. I know this has happened to you, when someone is saying or doing one thing, but you get a really strong feeling, or even hear words of what their heart/soul is really saying. Stop and listen, I mean REALLY listen, like you're up above the whole scene just watching everything beyond the words and actions—the emotions, the thoughts the other person is not saying because they stuff it down to where they think they can't hear it. That's part of what makes them so nutts! So many times, I could hear something from someone's inside voice, but it didn't make sense until I found out about something or confirmed my suspicions, later on. I'm getting to the point though, where I want to just ask them right away when I hear it, "What did you do, that you're so miserable about?"

Couldn't we at least say, "That doesn't sound right—I will go ask them about it." But maybe we go further and ask them what's going on (like a therapist would) to point out to them that we're not buying their bullshit, at least not today? Realize the attack dog keeping their real emotions trapped may just lash out and continue adding lies. I mean, it's not like they're ready to look at their heart at this point anyway, right? That attack dog is there because the person is hiding out from themselves more than anyone, knowing they won't like who they see in the mirror! Would a more gentle and compassionate approach be to say to them, "Most of us can see through the bullshit you're putting out there and only put up with you because we hoped you figure it out soon. I don't want to hear any more."

I'd be interested in your theories on this, as it helps us to "Love Our Enemies" (their souls, NOT their actions!) but not be so passive as to allow them (disconnected from their souls) to continue on their heartless rampage and hurt so many others. A couple of very wise men in my life pointed out this fact, that sometimes, *sometimes*, we may have a responsibility to at least try to help them see they only hide from themselves—no one else. Now, it's just FINE to acknowledge within yourself that you are angry and want to fight back, but take a moment to process what is triggering it in you (there's always an insecurity within yourself that makes you want to attack, versus just call out the bullshit in an effective way). Only then, do you address it, and only by following the guidance you get from above and through your heart/soul space. In other words, STAY ON YOUR TURF, don't jump into their humongous shit pit! Keep it short and effective, maybe ask them a question about the truth in it, and don't engage in a battle of any kind. If necessary, say your short, heart-driven piece and leave!

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~Mary Anne, Author  
RISE ABOVE THE SH\*\*!







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Maybe all these people need are reminders we would give a little kid, like, "No one likes mean people." "Everybody knows that people that talk bad about people don't like themselves, and it doesn't make them popular, it drives people away." Just something, ANYTHING, to remind them they are not behaving like a human being at all, and they are showing everyone they are miserable and need help! (Truly, they must not realize it!)

SO, let's get out there and BE REAL and call out others that are not at all in touch—somebody's gotta do it! ~Mary Anne

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