

**IF YOU'RE BRAVE  
ENOUGH TO SAY  
GOODBYE,  
LIFE WILL REWARD  
YOU WITH A NEW  
HELLO.**

## *Goodbye to Life, as I Know It*

I'll be the first to tell you, I was terrified for months, to leave the security and comfort of the life I've been yearning for my whole life, but my knowing it has to be this way and the excitement for the adventures ahead is finally taking over. The rumblings, discord, pain and frustration of people treating me like I don't matter or don't fit in, and that I need to be something else to be important to them is finally enough. I finally realize that I'm finally allowing my heart to move from the almost constant pain in silence into freedom. How did this happen? Life was looking good, on paper, yet I knew something wasn't right. The heart always knows, and unless you put a lot of effort into ignoring and numbing your feelings (which a lot of people do, their whole life, sadly), it's gonna get through to you, eventually.

I tend to make excuses for the way some people have treated me. "You're too nice," my good friends tell me. "You need to make people accountable for their actions and their life, or you're enabling them." I know this, all too well, as I still struggle some days with that gray area between trying to be kind and understanding or downright enabling someone, which only causes severe harm to all. I don't see it right away, because my ego feels good "helping" people (stems from one of my insecurities, sometimes), but I'm catching myself more and more because I realize that our role is to EMPOWER each other, not ENABLE. The only person that can truly help someone is THEMSELVES; each and every body needs to realize they are capable, period.

It starts at a very young age, when we teach our babies to hold their own bottle, then to dress themselves, and later, to earn their own money and successes and to move out and be independent. If we're not teaching our children these basics, we need to take a hard, sometimes painful look at ourselves and be honest about what insecurities in one's self is deciding to directly harm another by NOT teaching them what they can do.

I had to face this a ton, over the last couple of years. Life started moving forward so fast, I couldn't keep up. Sprinkle in some health challenges and relationship judgment days, and I had all I could take, some days, more than I could take, most days! I was forced to fall into survival mode, knowing I had to change some big things in my life. But even more was needed at this intense level; it was time to say goodbye to life as I know it and start a whole new phase of my life. How fitting, as I'll be turning 50 in a few months, and welcome in the second half of my life. Oh, I hung on with everything I had, but our deepest desires are so much stronger than we know. My mind didn't know it, as I worked like a fiend to put all the pieces of my dream life in place, but my heart knew. My mind is just now starting to comprehend why I've felt so tormented and alone, over the last two years, which should have been the happiest time of my life. I was fighting all of the truth from surfacing, but it always will, and it takes much more energy to try to suppress it. I ran out of fight, thankfully.

I'm hoping I've learned now to allow the truth always, for me. Perhaps the old way of thinking was kind of okay for those first 50 years, as I was constantly taking care of someone, and not just my kids. But I see now how enabling others made things so much harder for all of us. Then, once I realized it and pulled away pampering others at my expense, it was not well-received. People even hated me for it, so I highly recommend not enabling anyone to start with! Most will make you disappear in their mind, which is okay, since they were probably just an anchor anyway, taking something from you they shouldn't have, instead of facing their own self-doubts. Even though it's hard and they may never want to understand, doing what's best

for you will always be what's best for them too. In the long run, you are helping them along in life, and you know it. Isn't that the most loving thing to do, really, no matter how they feel about you afterwards?

So what did this do for me? I had to let go, of most everything. The dreams I had and things I thought were important to me, were important at one point, but just no longer are. I achieved the dreams and they taught me something more about myself, others, and life, so they fulfilled their purpose and helped me grow. As I grow, so do others around me. Of course, others can choose not to grow—it is their right—and then, they just don't understand and they can choose if they want to be in your life anymore. I get to choose too, because sometimes others' not dealing with their own resistance to growth harms me, and I have to honor myself and walk away. It's nothing personal, no matter how close you were; it's just life and individual choices.

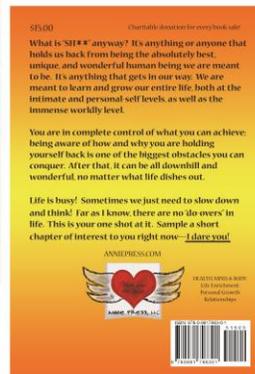
It may hurt very badly, but I've realized it's just the normal grieving process we need to say goodbye with, when someone or something, dies from our life. Just like when someone crosses over, reflecting on the appreciation and gratitude for what I've learned from them always helps. Nothing is a mistake; we always learn if we just allow it! Truly, it is always there to help us. I worked so hard my first 50 years to have everything now that I thought I ever wanted. I don't even know how I got through the last 2 years alive, honestly. It's been chaotic, but so have a lot of growth points in my life. But forcing me to the point of survival pushed honesty right into my face, and required me to pull it out of those closest to me, too.

The result? Most are taking off and flying, just now being forced to see they have wings too. As they do, they inspire and support me, beyond my comprehension . . . it's magical! Still, some refuse to even look at their potential and have already made me disappear. I guess I wasn't as important as I thought I was to them, after all! Sure, it hurts sometimes, but I still need to respect their choices. Only they are accountable for their own happiness, after all. My pampering or enabling them some more won't bring anything but harm. I am grateful they were some of my best teachers; I'll never forget what I learned about myself, because of them. Also, maybe we never truly felt comfortable around each other because I just wasn't supposed to be there, or it was forcing them to look at themselves? Either way, it's clear I was supposed to move on and not stay there.

So do you see how doing what's best for yourself will always be what's best for others? As I say goodbye, I

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have infinite opportunities. I'm overwhelmed, to say the least. I know I can truly go anywhere, do anything, be with whomever I want. No more excuses, I'm FREE to be ME! On to the second half of my life—it's all brand new, FOR REAL! Prayers are appreciated; I have no idea where I'm going on this adventure of my new life!

*~Mary Anne*

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