

Sharks Gotta Eat



The ocean is a magical teacher to me; it's always new. One day I saw a large sting ray lying on the sand. "Shark got him," a nearby fisherman explained. I looked with pity on the beautiful creature, its big eyes still looking to live. Parts of its fins and tail seemed to be missing and a lot of flesh on top as well. At first, it had seemed mostly intact, but now I could see pieces of him were missing.

What a shame, I thought, he almost got away but the shark took some critical chunks out of him. But sharks gotta eat too, don't they? Now I'm not saying I like this fact of life, but people sharks gotta eat too in order to survive. We call them by

many names: narcissists, bad people, energy vampires, greedy blood suckers, selfish, self-serving, users, zombies, liars, manipulators, insecure, Debbie Downers, trouble-makers, etc. Though many are unconsciously doing it, the effect is the same . . . you don't feel great after spending time with them or even discussing their activities. Why? Because they rely on other people's energy/life force to survive and they are draining life right out of you!

They have forgotten they have a life force within them. They believe too many lies and insecurities they have about themselves to live, thus they require intense emotional energy from others to fill them up. Yes, while they DO have a soul in there, they have forgotten and will rarely listen to it, so it's almost like they go after the souls of others. Proximity doesn't matter, though they prefer to see the effect they have on people so they can develop and enjoy their life-sucking skills in person. They will do anything to create emotions (usually negative, but not always) as this is their only means to survive, or so they are convinced. While they may not always directly attack you, they may gossip about something they know will create distress in you, usually outright lying and making things up. This is very important to them when you are thriving or joyful about something. Peace and harmony is not compatible with their diet, and so they will do whatever they can to squash happiness and cause upset. Watch for the satisfaction in their eyes. Low vibes are what they need, and they will go after it on the nearest prey. Very often, they will guilt you into hanging out with them, saying they miss you or need you. They miss you alright—they miss using you and feeding off of you! Make no mistake, they are the sharks of the world, and they have been circling non-stop during all the chaos of 2020.

When we forget to lead our lives with the inner knowing of our soul's purpose, we fall right into their hunting party. They wait for our moments of weakness. We allow them to take a chunk right out of us or worse, as zombies turn more humans into zombies, we believe the lies and we join the sharks, attacking, fighting, and feeding off negative emotions! It's not just in person, but these days, it happens a lot over technology and communications. Any negative energy you feel or express feeds them, especially when thinking how you feel about yourself. It doesn't matter if you're alone or with others; you always radiate out whatever you're feeling. The more lies/negative things you believe about yourself, the closer you are to being a shark.

Everyone needs to feed. Inside every heart/soul is an infinite supply of love and truth to thrive on, but when we forget this, the lies in our mind/ego have us going after others for survival. We become sharks. Even worse, when our prey doesn't satisfy our appetite, we blame the prey! It's an impossible situation and the

world can't survive if the whole world is ONLY sharks. Alas, the world can't survive WITHOUT the sharks, either. We need them both for balance and opportunity to learn more about ourselves, don't we?

The solution can be found right where I found the sting ray. Life moves, just like the ocean's waves. It begins somewhere, often unrelated to where it goes. (Life happens.) It grows in intensity, depending how much additional support it receives. (People are usually behind life's growing intensities.) The wave peaks and finally diminishes, at the speed of whatever it encounters, which could be allowing the flow or instead, trying to force it back, which only prolongs the peak. Can you see why it's so important to meet conflict with an open mind and heart, and do your best to allow the resolution? As the wave is first forming, give it a safe path to be itself; trying to control it or block it will only be met with more force, just as waves pound against a breakwater. While you also can't hold it in, you can give it a safe place to express itself. All the while, you can choose where you want to stand as the wave begins, and you can also choose how you behave as it does its thing. Often, we can just observe but still enjoy life, like a child standing on the shoreline playing and giggling at the waves as they knock him down. If they start to play too rough, he is not angry or feeling victimized by the waves, he simply moves farther back onto the sand or leaves. Why can't we do the same with events in our lives? Life follows the same flow as the ocean's waves and we can't stop or control life or the ocean.

So first, choose where and how to spend your time! I don't jump in the oceans where there's rumors to be sharks, so think twice about fighting or hanging out with any form of a "shark." There's always a way to rise above the sh** and not be the shark bait! Ask yourself, "How does Unconditional Love and Understanding behave? What is truly best and more joyful for me and my life? Am I fulfilling my loving purpose here?"

On this same trip, I floated on a paddleboard and was REALLY appreciating everything in my life. A pair of dolphins showed up and swam nearby for a long time. I knew my gratitude drew them in! (Just as it does all good things in life!) Dolphins instantly fill you with joy and gratitude, peace and love; it's magical. I admired their grace and how their mere presence helped me remember my goodness. I also felt entirely safe and surrounded by support, knowing dolphins keep sharks away. So shouldn't we strive to be a dolphin? People can have the same effect on others, just as dolphins do. And wouldn't you rather be a dolphin, than a shark?

Now sometimes we don't pay enough attention to what's truly best for us, or we don't plan well enough and end up where there's very little protection, and lots of sharks. Sometimes later on, we realize we had a chunk taken out of us! So first off, be gentle and compassionate with yourself and take good care of the harm done. Then learn from it and either don't go next time or plan for an exit. When you have to, go in better protected. You can always find ways to live more heart-centered and grow more self-knowing. You can always talk to and listen to the infinite unseen support you have around you. The first new thing I noticed on this familiar beach were large angel-wing shells . . . definitely a sign. There's beauty in the 2020 chaos and shark attacks: more and more people are learning to listen more to their inner truth and put themselves out of harm's way. Many even decide it's time to BE THE DOLPHIN! I love this, because I think the world has enough sharks already. Join us—be a dolphin, won't you? ~Mary Anne ©Copyright Annie Press, AnniePress.com

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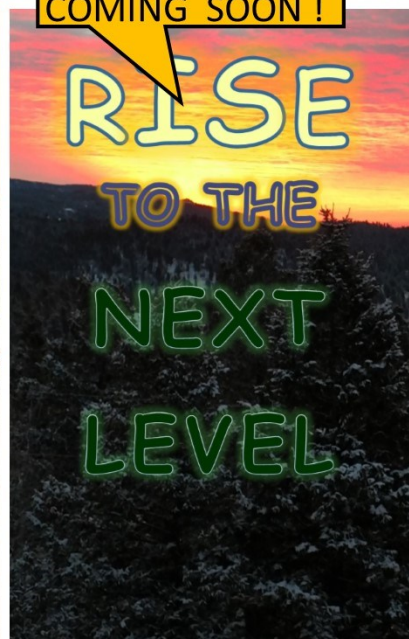
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