

When Helping is Harmful

It's becoming so clear to me lately that we are not always supposed to help people when we are able. In fact, it's often very HARMFUL to help, sometimes. Well, in all honesty, this has been hitting me hard for the last several months, in several different situations. It has come to me from all sides, so that I needed to pay attention! (I know this is a good thing.) This applies to strangers, acquaintances, friends, and those you love deeply as well, so pay close attention to this, please! Usually, the closer they are to you, the more harm you can do! How do we know where that line is? Stick to the basics: "What's best for you is ALWAYS what's best for everyone and everything else."



Okay, but what feelings do you follow to know what is truly best for you? The truth. The truth is always found in your bliss. What do you honestly want to be doing, and does it make you feel a deep sense of peace? Does it make your heart feel warm and full? The more you ask yourself these questions and follow your heart, the easier and more natural it becomes. Just watch yourself, making sure you are choosing with pure love and not out of fear of what you are afraid could happen, if you don't help in a certain way!

All too often, we are doing things because we "should" or because we feel guilty. Let me be clear about this! Negative feelings steer you AWAY from the truth or what you are meant to do! Negative anything is your "wrong path" or "false path"—the very opposite of truth and peace, so please, please, DO NOT follow those feelings! Remember to NEVER "should" on yourself!

In the long term, it will hurt you, and therefore, it hurts others too, even if you don't ever see it. It does work this way. I realize this is often a very difficult choice to make. We feel selfish (negative feeling, so not the truth!) I realize that oftentimes, we are just not strong or brave enough to follow that guidance to do what is truly for our highest good. That's because we are human, and the purpose of our human experience is to work through these things and learn more about ourselves so that we can love and respect ourselves more and more, knowing that this is the key to automatically loving and respecting others and this entire world, as we should! You may need to get very creative when deciding how you can empower someone versus wrecking the lesson they should be learning! Make the effort, for everyone's sake! There are always options!

If we are honest with ourselves, we can see afterwards when we should not have helped someone, both in how we deprived ourselves of something, or how we post-poned or prolonged something the other person needed to experience. In essence, we enabled them and made things worse by helping. In reality, we interfered with their journey or something they were supposed to experience in a different way to help them learn more quickly; we held them back and stunted their growth! There's no benefit in regretting it, just take the lesson and try to do better next time in making the decision, remembering to look at our heart and how to stay true to what makes our heart dance.

Moreover, don't let arrogance fool you into thinking that somehow you are "better" than them and therefore, have to help them—especially when it's someone really close to you. Too much help or "understanding" or cutting people slack can really backfire on everyone! Very often, we put up with little annoyances or someone's lack of respect or responsibility to themselves or others because we want to be compassionate.

We think that maybe they're just having a bad day with poor judgement because they are stressed or have been through rough times, and we think they will apologize and thank us later. All that's truly happening here, is that you're teaching them that under certain circumstances, bad behavior is okay?! Shame on you! And shame on you if you continue to help or put up with them, when they only give you excuses and empty promises, and don't bat an eye after their bad behavior caused you or anyone else discomfort!

In reality, we are all equal and the path we each chose to take is critical to the world. Even though some may not choose every action with love, they are still a very necessary part of everyone's learning. If you're observing it, it is has something for you, too. You can be firm and loving, all at the same time. Tough love is still love, for a 2-year old or a 92-year old. Engaging in arguments and details is pointless, and only adds to the problem and drags it on and on. Just explain to them, as briefly as you can, what behavior is not acceptable and what the consequences are, and follow through! Detach yourself, in some way, meaning you just change your role with that person or the way you help or not help them. Hopefully you can stay involved in their life, only empowering them when it's best for you, but carefully NOT enabling them in any way, even if you have to ignore or be "too busy" to return their messages. This forces them to figure it out. This gives them an opportunity to learn from the choices they make. This gives them a chance to know they can do it! If it's gone too far though, or it's beyond discussion, it may just be best to say, "This isn't good for either of us. We need to part ways."

Be careful if your self-doubts and fears start creeping in, like guilt, the fear of someone not liking you, or the fear of being alone. Don't let these made-up, self-hating fears cloud your judgement on what you know is for everyone's highest good, starting with your own! Focus, and don't get distracted by ANYTHING outside of that, knowing the focus on the truth and real love is what's best for others, always. And if you REALLY want to add some power, stay focused on praying or thinking about the best outcome for all, trusting whatever that may be. I prefer to ask the angels or divine guidance to help all of us for our highest good. Now that packs in some power and it'll help you stayed glued together too, if you just ask. God bless you as you do your best to help others by not helping them too much! ~Mary Anne

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