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All too often people let others bury them with issues, problems, behaviors, and anything else tossed on them. If you’re someone getting buried, read on...

Many times over the years I have advised people to “just roll with the punches,” “ignore the noise,” “take it with a grain of salt,” “think about something else,” “don’t let it bother you,” and “just shake it off.”

The world will drown you or bury you six feet under if you let it. And it will do it in many different ways--bills piling up, loved ones dying, spouses wanting divorces, bosses laying off workers, banks disapproving loans, or even children running away. Whatever the world throws on you, its intentions are to bury you if you let it.

Don’t let the world bury you! The key is to stand up to it. If the world notices your resiliency, it will grant you a reprieve. And amazingly, when the world senses how strong-willed and driven you are in the demonstration of

Just shake it off

your intentions, it will work in your favor rather than against you, helping pieces fall into place when and where you need them.

The key to the initial challenges you face is to not panic. It’s not uncommon to feel overwhelmed or have a sense of panic if the world is tossing dirt on you at a faster pace than you can handle. When this happens, the most important tool you have at your disposal is your brain. Taking a moment to think can enlighten you to possibilities and probabilities you would have otherwise overlooked if you remained immersed in a state of feeling rather than one of thinking.

Have you heard the story *The Donkey and the Well*? It goes like this:

One day a donkey fell into a well. When the owner discovered what happened, he frantically searched for ways to rescue the animal but with no success. Regrettably, the owner finally decided that since the donkey was growing old, he should give up the idea of rescuing the animal and simply fill in the well. Hopefully, the donkey’s demise

would be quick and painless.

The farmer then called his neighbors to help with the task, and soon several men began shoveling dirt into the well.

When the donkey realized what was happening, it brayed and struggled...but finally the noise stopped.

After a few sad moments, the farmer looked into the well, and there stood the donkey. Alive and progressing to the top, the donkey had found that by shaking off the dirt instead of allowing it to bury him, he could keep stepping on top of the earth as its level rose. Then he easily stepped out of the well and happily trotted off.

Be like the donkey in the story. The donkey did not panic. It thought about what was happening and then realized the solution to the dire situation involved some common sense. You can be the same way. As life attempts to cover you with dirt and clutter (mostly clutter), just shake it off, think about the possibilities, and do something to take the next step up.

~ The End ~