

CoDependence to InterDependence

Think about this when you feel the urge to “fix” someone – maybe they need the struggle they are in.

I heard a story a few years back about honeybees. The story goes that NASA gathered up a group of honeybees and packed them away on a rocket headed for outer space. The bees were studied in the zero-gravity environment of space for a couple of months, and then they were rocketed back to earth. Once they arrived back on gravity-rich earth, the bees could no longer fly.

According to the story, their inability to fly was directly attributed to the fact that in space the bees no longer used their wings since they could float around without gravity. This lack of use produced wing-flapping-muscle-atrophy. The gravity that normally forces the bees to exert effort to fly was removed and therefore the muscles used to propel the bees through the air shrunk and they could no longer achieve lift off. The once majestic honeybees of insect nobility were ground-bound like an ordinary centipede. They needed the struggle of fighting through gravity to strengthen their wing-flapping muscles and enable them to fly.

Another story,

A man was working in his garden one day when he happened upon a chrysalis, also known as a cocoon. He noticed some movement within and so he sat down to watch. He knew inside the cocoon was a butterfly struggling to emerge and he was anxious to watch the beautiful insect be born-again, as it were, and stretch its new wings. After several minutes of watching a small hole appeared in the cocoon. He witnessed the butterfly work feverishly to enlarge the hole big enough so that it could squeeze through to freedom. After enormous effort the butterfly collapsed within the cocoon, exhausted.

The gardener watched for a while, but the butterfly remained still, resting. Eager to watch the butterfly spread its wings and take its first flight in his own garden the man made the decision to help the butterfly escape the grip of the cocoon. He removed a small set of shears from his pocket. Carefully gripping the cocoon in one hand he deftly inserted the tip of the shears into the hole and began a slow, methodical cut being careful not to injure the bushy butterfly. After a few seconds the small hole had become a slit the entire length of the cocoon. Certainly, the little butterfly could easily slip through now.

The gardener let go of the cocoon and sat back to watch the show. Eventually the butterfly did crawl out, but the event was not the spectacular triumph the gardener was hoping to witness. Instead a crumpled butterfly with shriveled wings and a bloated body emerged and stumbled across the branch. The man continued to watch and wait, waiting for the wings to unfurl into a glorious spectacle of color and pattern, waiting for the butterfly to stretch and flap its wings to enlarge and dry them in the warm sun, waiting for a quick hop from the branch and a soaring, magnificent flight; but he waited in vain.

The poor butterfly never took flight. Its small, shriveled wings never opened up and spread out and the butterfly's bloated, swollen body never shrunk down to the sleek form butterflies need to become airborne. The poor insect, once destined for a grand transformation, suffered a miserable and short life dragging its useless, soggy wings around on the ground until it finally succumbed to the elements. The gardener's kind-hearted, but ill-advised, act doomed the butterfly for life.

The principle the gardener did not understand is the hardship law. The butterfly needed the hardship -- the struggle to escape the cocoon is what ultimately saves the butterfly. Through that immense effort the butterfly becomes what it is meant to be. Working through the cocoon develops fortitude and strengthens the butterfly's wings; squishing through the hole squeezes the fluid from the butterfly's body into its wings slimming down the body and inflating the wings. The butterfly is meant to struggle; it needs the struggle to forge it into a complete and functioning butterfly. The struggle is the thing!

Taken from https://www.heraldextra.com/print-specific/columnists/the-struggle-s-the-thing/article_f68dc972-8b19-5c55-ae39-4b0dc0bba3cc.html