

The Struggle Is Essential

A child discovered the cocoon of a Monarch Butterfly. Intrigued by the transformation that takes place when a caterpillar turns into a butterfly; the child brought the cocoon in and watched it for several days. After a few days, the child watched eagerly as the emerging butterfly began to push and struggle to free itself from the cocoon. Out of good intentions, and a desire to rescue the caterpillar from its difficult struggle, the child took a pair of scissors and carefully cut the cocoon so as to free the emerging butterfly. What the child discovered, to his/her horror, was that what emerged was a bloated butterfly with stunted wings, completely unable to fly. You see, the struggle of emerging from the cocoon is part of the process in becoming a butterfly. The energy put into breaking free of the cocoon is part of a necessary step that forces the fluid into the wings, stretching them to their full size. By removing that obstacle for the butterfly the child doomed the butterfly to a life with stunted wings----never to fly. Allowing our children to struggle with the difficult and sometimes painful parts of growing up, rather than rescuing them is often the best way they can grow and gain the strength needed to enjoy happy, productive, contributin lives.

Author Unknown