Select the area around the main object.

To select the area around the lily use the "Lasso Tools"
Select "Filter"

1. Filter
2. Sharpen
3. Unsharp Mask...
The "Unsharp Mask" box will pop up.
Make any adjustments

Make sure the "Preview" box is checked so you will be able to see the adjustments without applying them.
Click on "OK" Once you have made all adjustments, click on "OK"
Now the lily stands out from the rest of the image.