

## Attachment

Attachment could be said, to be one of the main causes of unhappiness, mental instability and emotional distress in people. Attachment is a recipe for high stress and suffering, and as a by-product causes additional drama and heartache. Believe me, we don't choose attachment consciously, however we must eventually release it consciously to reach that which we all crave and deserve, harmony and freedom!

All human beings carry varying levels of attachment within them. As you become more aware of yourself and get to know YOU more deeply, and the conditioned *patterns of attachment* that are programmed inside you, the easier it will be to release them, and the freer you will become. As you release attachment, you naturally expand into a greater space within yourself, bringing more awareness, emotional stability, self love, and personal power into your life. **Awareness liberates you from yourself!**

How do you know when you are in attachment? You will know by the way you feel. You can always trust your feelings to let you know, they are one hundred percent accurate. You will also notice a bodily reaction, a physical sensation in your solar plexus, where a ganglion mass of radiating nerve fibers will fire up and grab your attention.

Why do people become attached to some of the situations life presents? You become attached by personalizing events, and measuring them against your own belief systems to see if they match. This process is done automatically, without conscious awareness. If the presenting event doesn't measure up to your own model of the world, a feeling of resistance to the situation then takes place, and a judgement is formed about the circumstance at hand. This adversely affects your ability to listen clearly or express yourself in a balanced and intelligent way. Your perception of the presenting situation is distorted by your own internal conditioning which prevents you from seeing accurately.

When you have personalized an event and become attached to a situation, your thinking, emotion and behaviour become reactive. Reactive behaviour can cause problems where there wasn't any... it can create major upset and drama. Patterns of attachment are emotionally charged, they can be irrational and tend to have a willful and controlling edge to them, pushing against the freedom of another.

**Peace cannot be kept by force; it can only be achieved by understanding.**

***Albert Einstein***

Starting to become aware of your attachments to circumstances and events is the first step to freedom. Just noticing when you have an emotional disturbance in your solar plexus will bring new awareness to the fact that you are having a reaction due to some kind of attachment. Gently and softly extending your breathing and witnessing your own internal reactions is a great way to start working with your attachments. It's important to be patient and kind with yourself as you begin this journey of self discovery.

As you work through resistance and reach deeper levels of *acceptance* within yourself you will find you are more responsive than reactive to life's circumstances, giving you more inner control. A new experience of personal power brings more internal peace, emotional harmony and mental stability into your life. You don't have to agree with what is presenting, however the allowing and acceptance of its *reality* will set you free.

You can't always change events in your world, however you can change your response to them. When you take personal responsibility for yourself and your life on all levels, attachment and reaction will become a thing of the past. You will have gained a deeper meaning and understanding of the word responsibility, *response-ability*, and you will have earned the ability to respond.

As you move away from judgement, you come to know *discernment and gratitude*; a much healthier option. You can make a huge difference to your own peace and happiness when you let go of attachment and live in a state of allowing. The dance of life starts to flow, becoming easier and more beautiful with every new step you take. Waltzing with the dance of life makes your heart sing with joy!