



The Attachment Paradox

The Second Doorway To Mastering The Abundance Frequency

The Paradox:

Attachment only causes pain and heartache by restricting flexibility. It also restricts new data from getting in through self-righteousness. If you are attached to an outdated way of thinking, then you cannot evolve in that area. If you are attached to the old way of doing things then you are missing out on ways that may make your life easier.

All that said, the only way to know you are attached to something is when said attachment is threatened and you feel the heartache of loss. Only when you are limited do you know your limitations. Only when you feel you are powerless can you trace back where your power is going and how you are giving it away.

Is there a way to find and ideally undo attachments without pain or heartache? Being unattached to all things is not possible. You can't walk a different way every day to the same watering hole or a different step every day to a new place. It is somewhat natural to become attached to an environment when you feel safe there or loved. Can you never attach to a place that nourished you and feel nothing when it is time to leave? How do you feel gratitude and love for a place that loved and nourished you without attachment? How do you fall in love with someone, without attachment to them?

The Threshold:

Feeling unattached to a lover also feels like you are not truly in love with that lover. After all, how could you not want more of that love



tomorrow if it truly makes your heart sing? When you fall in love and your heart opens with Unconditional Love, it is difficult to consciously let go and possibly not feel that love tomorrow. It feels so good you want to feel that love as much as possible and thinking about it being withdrawn from you tomorrow makes you feel sad. Yes, the sadness is from the attachment, but when the love, safety, or lover goes away, the love feels like it is withdrawn which leaves a gaping hole inside of you.

How do you not feel sad when safety or love goes away? Well, you might say, “If you love yourself enough then you can fill up your own cup with love and not need any codependent relationship to make you feel whole. If you keep your own void filled you will feel less loss when it is time to leave.” That is absolutely true, however, even with a mountain of self-love, you still need other hearts to connect with. No one is an island or is meant to be. You are woven into the tapestry of human life and society in some way, whether you want to be or not. You cannot truly evolve without the feedback of others, plus this is not a solitary game. Aloneness is necessary to clean your energy and not go insane, but too much aloneness will also drive you insane.

When you find places or humans that you love, attachment is inevitable. Stay unattached energetically feels like you are holding back a portion of your love. If you were really in love, you would be vested in making yourself and your relationships as amazing as you could so that tomorrow would be just as good if not better than today. Even if your life was filled with loved ones and amazing experiences every day, wouldn't that make it even more devastating when something came along to threaten those loved ones or life with them? But staying unattached to people or places will damage any relationship more than anything else that threatens it could. How do you bring someone in close without attaching to them?



The Solution: ?