

Attachment

Why do we attach to anything - an object, a person, an emotion, a feeling, a belief-system, an ideology, a position and so on? Attachment comes from a place of deep fear.

If you examine carefully, you will notice that, the thread of energy for attachments is coming from a set of experiences you have had in the past and from the experiences of disappointments.

When attachments take over you, you become a prisoner and you are controlled by it.

On the road to mastery, take a moment to examine minutely, all the things you are attached to. Then examine whether this attachment is coming from a place of Need fulfillment or from a place of fear.

Most of the time, attachments will be related to these two - Need and Fear. When we attach ourselves to anyone or anything, we are allowing our mind and personality to take over us and this keeps us from allowing or creating a space within ourselves for new experiences to come forth.

The fear of lose or loosing keeps a tight leash on our growth. This also stops us from exploring our inherent potential and limits our exploration of all that we are. This has an inherent effect on our Soul's evolution.

Each cell is programmed with God consciousness and the cell's explicit desire is to evolve in consciousness. And this evolution can only take place when we are willing and open to discover more of ourselves and letting go, so that we may discover more of ourselves.

You are all Much More of Yourself than you think you are.

You are all Creators.

So be willing to let go and open the next and next and next chapter of your life. The biggest regret, you will have at the end of your life will be - did I dance my dance or somebody else's. And in not exploring your full human potential.

Bring your attention to your throat and your heart and breathe into these areas, for when they are activated, it will move one to take new and creative actions, and not from a previous experience or from an attached idea.

It will be from the Present moment within you and this moment is not influenced by the past in which we hold dear, an attachment.

Make a statement - I release all attachments which bind me and holds me back in my soul evolution. You have come here to explore your full potential on the material and spiritual plane.

Take a step forward today in rediscovering more of yourself.