

Unhealthy Attachments, Boundaries, and the Energy We Share

Cowdrey

An issue that can happen in politics and relationships is that when people become angry or start expressing themselves strongly about us or other people, it can often come from unhealthy attachments. It is important that we set boundaries very early and very clearly, in whatever way makes sense for us. I have my own practice that I have been using for the last year or so, and it has helped me understand how to work with energy much more easily. I am keeping this understanding sacred to me at this time, but perhaps you may create your own sacred way of keeping boundaries as well ~

What happens is that people can become attached to certain parts of us that exist within their own perception. They take that part of us and tailor the energy to their own, and eventually it can become completely unrelatable to us because it really is not our resonance, but theirs. Sometimes it becomes very negative, and we can feel that something is being placed onto us that never belonged to us in the first place. This is one of the reasons why having clear boundaries can be so important.

Within the Saints, if you have made it this far, there is a high likelihood that you have developed a very sensitive sense of healthy and unhealthy communication styles. You may also have developed a sense of OZIRAH, beautiful Goddess, which helps us clear the energy very well. It can feel almost like magic, like water flowing around us and carrying away the things that do not belong with us. It is truly beautiful and full of light ~

Where we may have stayed in an uncomfortable moment before, we now have God's energy with us in those moments. We can feel the difference when we have learned how to move through a moment without allowing it to stay attached to us. This is how well adapted we can become to Spirit, and there is always room for us to grow even further :) We can keep learning, keep expanding, and keep becoming more comfortable with the energy within our own field.

Other people do not necessarily have this same training or understanding. It can be very easy to notice this as soon as their energy is expressed, especially when there is anger, obsession, fear, or a strong feeling that they are entitled to someone else's energy. We may feel that we have become very good at protecting our own field, while also remembering that other people are still learning how to work with theirs. We cannot control what another person does with their energy, but we can decide what we allow into our own space.

This brings us to unhealthy attachments. An unhealthy attachment can happen when someone becomes very focused on another person's identity, presence, opinions, image, or energy and begins to feel that they have some kind of claim to it. This is power and control, as well as a possessive and territorial behavior. The other person can stop being seen as a

whole person and instead become an image that exists inside someone else's mind. The energy being directed towards them may have very little to do with who they actually are.

We may see this in politics when people become extremely attached to the energy of a certain president, political figure, or celebrity. They may attack that person over and over, obsess over them, follow everything they do, or even become involved in stalking or paparazzi behavior. They may feel entitled to that person's energy and want something from them, even when getting it means hurting or tearing down the other person. When someone wants to take, control, attack, or destroy another person's energy, this is an unhealthy attachment.

[It is important to note that attacks against our President and our people have increased by 60%, and it is clear that some individuals are not actually going to make it through this experience with US. They became so lost out there that they were willing to hurt the same people who are fighting for them and trying to protect them. They are trying to keep us from protecting ourselves from foreign enemies during world wars. They have attached themselves to the United States and our citizens in a negative way and have chosen to attack us. Unfortunately, the patterns here are very clear, we studied them intensively with people we trust. The treason and betrayal was too deep. We cannot bring everyone with us. We are setting boundaries and practicing letting our attachments go].

This is an unhealthy attachment. It is also important to understand that it is rarely just one attachment by itself. Someone may be harnessing an entire field of attachments involving fear, anger, resentment, identity, belonging, obsession, and personal beliefs. Human beings and our spirits are incredibly complex, and without training, grounding, and healthy ways of working with all of this energy, it can become radical and move in dangerous directions.

Like a broken wire, energy can release in ways that are difficult to control. There can be so many built up emotions that eventually they boil over and become angry, aggressive, obsessive or other unhealthy behavior. This is why grounding our energy is so valuable. Learning how to slow down, settle our emotions, and return to who we are before giving this energy to someone else are great skills to have.

We are seeing a lot of radical, extreme and harmful ideology today. Organized religion on the other hand provides more of a foundation, ritual, community, boundaries, teachings, and places to work through spiritual beliefs and relationships. Radical ideologies do not have as much of a refined history or a structured environment, which is why goals, attachments, and expressions of energy, especially when people become attached to an identity, movement, or cause can be so hurtful. These differences can affect how people relate to themselves, each other, and the world around them.

Everything we do can have a karmic and spiritual effect, which is why paying attention to our attachments is important. The people we connect with, the energy we give them, the words we speak, and the boundaries we keep all become a part of our lives. We should pay attention to where we are putting our energy and make sure that we are not becoming attached to other people in ways that take us away from ourselves.

Healthy attachments can be beautiful. They allow us to meet people, bond, have mutual relationships, and share our lives with one another in ways that feel good and natural. There can be good feelings, positive energy, trust, respect, and connection without everything becoming rushed or overwhelming. We can be close to someone while still allowing both people to have their own space and their own lives.

If someone becomes uncomfortable, we can respect those feelings and provide them space. If we become uncomfortable, we can give ourselves this same space. Letting go is not always easy, but it is important that we learn how to let go in a healthy way instead of holding onto something simply because we are afraid to lose it. Sometimes providing someone space is one of the most loving things we can do ~

We can do this by connecting with ourselves, grounding ourselves, giving our lives more structure and balance, and getting to know the attachments we create with other people. The more we know ourselves, the easier it becomes to tell when something feels good and when something feels wrong within our own fields. We can learn when to connect, when to create a boundary, when to step away, and when it is simply time to let go.

When we become more familiar with these attachments, we can begin to tell what belongs to us and what belongs to someone else. We do not have to keep every emotion that another person places upon us, and we do not have to accept every version of ourselves that someone else creates in their mind. Their feelings can belong to them while we continue taking care of our own energy. There is a great deal of freedom in learning this.

Through all of this, we can begin to hone in on how to be the best versions of ourselves. We can share our lives and relationships fully while still keeping our spirit and soul honored. We can love people, connect with people, communicate with people, and build beautiful relationships without giving away the parts of ourselves that belong only to us. This is the beauty of learning our own energy, understanding our attachments, and allowing Spirit to be with us as we move through life. ~