

## Attachment

Attachment is when you take an idea or concept and choose to put your energy into making it a part of who/what you believe you are. The idea/opinion becomes part of your identity. The structure of how this happens is your mind takes an opinion and makes it a belief. This just means that you change an opinion into your current truth. Once you decide it is your truth, you add emotional energy to it and create stories around it to solidify the opinion as true. The stories you put on repeat increase the emotional charge and flesh out the boundaries of truth/not truth. The stories, boundaries, thoughts, and emotions make the opinion now a part of who/what you think you are. You know have an attachment that you are deeply connected to. The depth of the emotional charge will determine how it affects and creates your reality. Every opinion you attach to will define you/your world and blind you to all the ideas that go against what you have chosen to be your “truth”. Every idea that you identify with limits who you can be or what you will allow yourself to do and experience.

Your mind will hold all of your opinions that you have decided would be your “truth” about the world and how you fit in. These opinions define what is real or true and what is not. The more attached you are to this idea, the more energy it has to shape your world. This separates you from all the possibilities of being. This separation enforces your mind’s incessant search to fulfill itself through what it perceives as outside of itself. I call this your book of limitations or BOL. Your book of limitations (BOL) is what will generate all of your perceptions of your world and your self. Your book of limitations (BOL) could also be called your book of identities or attachments. After a certain amount of energy and power has been put into these beliefs, they will become invisible to your mind and run on an infinite loop - always recreating the same events in your world. Typically most people will not recognize that they are creating their experiences because most of their attached beliefs are invisible. Along with that, we are taught to project everything out onto the external

world. This makes it impossible to recognize that your internal world is what creates everything in your external world. You have been taught to believe in things backwards. I will cover more about this in the section on projection.

As soon as you have fully identified with or attached to an idea and made it a belief, it will be considered just an aspect of reality. At this point you will be unable to change it without putting energy and awareness into finding and acknowledging that what you consider a truth is just an opinion you have made part of your self. Your mind will not allow you to go against these attachments until you take back your power and awareness. Your mind will fight you if you work to let go of an idea that you have made solid through attachment/identification. Your mind will feel as if it is being killed because the “truth” is a part of you. This is why it is difficult to make significant or lasting change – your mind thinks you are killing it and it will fight you.

Your attachments shape your perception of the world. Everything you experience internally or externally will be compared to your book of limitations (BOL). Every experience, internal or external, is compared to what your BOL says is right/wrong and then is judged. The judgement will then generate an internal reaction of thoughts/stories/and emotions. When something goes against what your opinions say is right, it creates pain through your judge, victim, and personal importance.

Attachments to ideas of right/wrong, good/bad etc are the source of all of your lessons...and all of your pain. They are a way to separate you from ONENESS so you can learn. Once you separate yourself, you project all of your inner world out onto your perceived world. Projection then causes all of your wants/needs and victim-stance because those things are no longer inside or a part of you, they appear as if they are coming at you from outside. You have been conditioned from birth to see the world as the source of all your inner

reactions. This conditioned response is what we call your victim. (See projection, wounds, victim, judge, and personal importance sections for more clarification)

In a very simplified description – Your attachment to your BOL is what creates your needs through creating separation between what you think is you and your whole self. Those needs make you look outside to fulfil what you have chosen to believe is separate from and not in you. This separation is what keeps you feeling pain and suffering. The conditioning to put all responsibility for your inner world onto the outer is what keeps you from learning your lesson and freeing yourself from the pain you are creating for yourself.

The more cycles you create for each belief creates more emotional charge and therefore more pain which in turn creates more events to reflect that belief and pain. This will eventually create enough pain that the mind will crash. Typically it gets to a point where you will have a strong emotional release that doesn't match the event that sets it off. You then release just enough emotion to enable your mind to cover up the pain again. Add enough pain and cycles and your mind will eventually wake up. This is why pain isn't a bad thing in the scope of personal reality.

The first stage of the teachings is developed to help people learn to reverse their focus from outside to inside. Then to use the new focus to find all of the opinions they have chosen to make into truth so that they can be changed. In order to make changes, you have to begin releasing all the pent up and stored emotions that are connected to the opinions you consider truth. Then you can change the opinion and create new beliefs that will generate the external reality that your heart desires.

One of the first techniques to put to use immediately is using your pain to find the beliefs your mind is holding. When you can be aware of the pain and the true source, which is your thoughts, beliefs, and judgements about something, you will be able to take back the energy and power that you have put into maintaining your attachment to the opinion. The more energy you take back, the lighter you will become and the easier it will be to take your energy back from the next opinion.

Another technique is to look at what you are telling yourself you want/need. Typically what you tell your self you want is a need. This is determined by the level of attachment you have to what you tell your self is just a want. If you want to see how attached you are, completely let go of what you want to do/be/get and see how your mind reacts. Take action to let go and watch your mind's reaction. This reaction is going to show you what you believe is true. Use that to release any emotions attached to the opinion you hold as truth.