

## Detached

If you are feeling detached right now, that means you're feeling a lack of connection to others, the world, and life. In fact you're not feeling much of anything. A part of you may even feel empty. Now some form of detachment is good. If you're detached to outcome, that means you're open to what the outcome is. However this level of detachment really is about fear. This detachment is about you detaching from your inner world, because a part of you is scared of it. It feels safer. Your ego is using this detachment to keep you apart from your heart, your empowered self, because it feels safer to do so. What your empowered self wants you to recognize from this sense of detachment is that you're actually creating elongated pain. You're creating suffering when your level of detachment is where you don't feel much of anything. Life, your life force, and life energy comes through your emotions. When you detach from the pain inside of you, you're also detaching from the joy. You can't segregate what you're detaching from. So this is really an alarm saying, it's time for you to reconnect. Even though it feels scary, even though it feels difficult in the short term what you're going to face. Your empowered self is telling you this is going to serve you in the long term. It's time to come back within and face those fears. What you're doing is you are looking to the external to try to fill the void when you're feeling detached. Nothing in the external is going to reawaken you how you really want to be awakened. So you can live, alive, energized, and fulfilled rather than flat-lined, depleted, empty, or neutral, and numb. Now it's your chance to address this inner pain, that yes may be scary since you've separated yourself. Utilize this as a time to come back within. If you're not sure how, get support. This is your opportunity to seek out how you can come back to something that has caused you fear. In doing so, that's where you will feel empowered and back into living, and the gifts of living. That includes some downs, some lows. When you address this from your heart, it will include many, many more highs. Which makes living so much more thrilling, so much more alive, and so much more an expression of you. Now is your time to live the fulfilled life. Allow in each of your emotions to show you how.