

HOW TO LET GO OF NEEDINESS & ATTACHMENT TO WHOM WE'RE WITH

Fears of loss, worry, anxiety, and jealousy in a relationship may be driven by neediness. Our lack of fulfillment, and expectation that fulfillment has to come from another person, can cause us to passively or overtly manipulate them, creating a climate of disharmony, control, and distrust. Ammachi says, "Most relationships in our modern world don't work out because both people are begging for each other's love... When two beggars come together, you can be assured that fighting will soon ensue." If two people can stand in themselves happily & independently, 'loving' each other, instead of 'needing' each other, their relationship becomes much more stable. Although appearing to come out of love, neediness is actually based in desperation and 'fear'. Our need for someone else to fulfill us and satisfy our desires keeps us in a state of 'selfishness'. Love, on the other hand, comes out of our inner fullness. It's a 'selfless' desire to give to, help, support, and nurture another. It is not possessive, but freeing. How can we allow another person freedom, and give them space and trust, if we are always in fear of losing them or not having our needs met? Neediness ultimately drives other people away. Regaining feelings of inner happiness, wholeness, greater self-esteem, and the ability to be able to let someone go -- especially if it is for the greater good -- are positive steps toward learning to love instead of need. The following process takes an unexpected path to helping us achieve this.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: Ask ... On a 0-10 scale, "If woman feels total joy in signing a contract to receive a \$1 million check from 'Publisher's Clearing House', (pause and see her) in sharp contrast, if two angels came down now in front of you by divine decree, asking you to sign an agreement – in stone – to let go of _____ and never see each other again, how much resistance and how joyful would you feel?"

Step 2: With the rating, 'X', put this feeling into simple sentences of the following structures:

"I'm feeling a 'X' joyful and resistant to signing this contract" ... "I'm feeling a 'X' unjoyful and resistant to signing this contract" ... "I'm feeling a 'X' joyful and resistant to signing this contract" ... etc.

Stay vulnerable & connected with your emotional upset and resistance, with the openness of an unarmored 3 y.o. child, repeating this sentence over and over, until either at least minute to a minute and a half passes, or your level of resistance clearly subsides.

Return to Step 1: Go back and read aloud Step 1 and re-rate how you feel. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing your resistance to letting go of all of your neediness. *Continue with these steps until you're happy with how much your resistance to feeling total joy now has subsided. After clearing down to a 'trace' level of resistance, you can repeat over and over, "I'm still feeling resistance to feeling as joyful as that woman, if I were to agree to never see _____ again," until the last vestiges of upset disappear, and you're left with a feeling of total joy in this moment, even in the face of fully letting someone go.*

... It may be helpful to remember the adage ...

*"What I'm not willing to let go of, brings anger & pain...
What I am willing to let go of brings love & joy again!"*

A Spiritual Solution

When we finally break through our resistance to letting go of all of our attachments and neediness, leaving a feeling of total joy in its wake, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner joy. Most of us are seeking a worldly solution to fulfilling our needs. We try pursuing this or that, attempt to acquire more things, or we try to hold onto hopes someone else can fulfill us, which causes resentment and pain in relationships. Many of us try to avoid being alone, which may be exactly what we need in order to become used to doing things by ourselves in order to regain inner happiness. Finding our lost wholeness is essential, even if we are in a relationship. This above process gives us a taste of what happens if we let go of who we cling to, helping a reawakening to dawn that fulfillment comes from within. By using this tool, we discover a more rapid means to release our false hopes of happiness needing to come from someone or something outside us. In so doing, our neediness drops, and we can experience more joy, love, & greater self-esteem right now—signs of greater hope for a healthier relationship and future.

So How Can We Stay Joyful, Whole, and Free?

We know life is likely to present us with challenges every day, so how can we stay joyful in the midst of challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, especially after a loss, in the face of an uncertain future, and in the midst of all the feelings and projections of people we may have left behind.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness and joy if we take a few minutes time daily to do clearing practices.

