

CHAPTER 55

OVERCOMING THE FEAR OF LONELINESS INDUCTION

OVERVIEW:

Once the belief in separation has become the foundation of our ego persona, there is a underlying current of fear of abandonment, rejection, exclusion and sensory deprivation that can cause anxiety, fear, desperation and terror! Fortunately there is another way and this induction helps to access that knowledge and resource of Oneness.

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Please take a few moments now to notice your bodies position and how it feels to allow yourself the pleasure of relaxing – deeply and thoroughly. Why not take a deep breath or two now and feel what it's like in your abdomen to loosen anything you may be holding onto in your belly or chest – to experience an enjoyable release of any tightness that may have been held in place. It's interesting isn't it, how sometimes until you give attention to a body part – you can be completely unaware it was being held unconsciously in a somewhat rigid state – why not give yourself this opportunity to check this for yourself, loosening your neck, loosening your lower back and letting go of any tension in your jaw or feet. And as you do perhaps you can soften your shoulders – and allow a sense of ease to gently flow behind your eyes and into your head, learning how to naturally let go of those things you have been unconsciously holding onto. And with another slow deep breath knowing it can happen slowly – or it can happen quickly – but either way it will happen thoroughly that there is a lessening of the grip the past has had upon our body and mind.