

CHAPTER 32

OVERCOMING THE FEAR OF LONELINESS INDUCTION

Overview:

This fear runs deep in all humans as it invokes a sense of abandonment, isolation, exclusion, rejection and sensory deprivation. The order of life seeks a sense of belonging, balance and connection. Basically the underlying impulse is to give and receive love and bask in its presence. This addresses those issues at a deep level.

OVERCOMING THE Fear Of Loneliness Induction

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.