

Abandonment

Most people suffer from abandonment issues and do not even know it. From the time of birth, when we leave our mothers and are taken to the nursery, our soul experiences a sense of loss. This sense of loss follows us through our life's journey.

The feelings of rejection, disappointment, hurt, anger, and even rage are seeded from our feelings of being abandoned. In today's world where community does not exist, where divorce is so prevalent, where jobs are very hard to come by, where money is such an important issue, where violence is on the rise, the abandonment issue has become a part of our everyday existence. Therefore, it stands to reason that it needs to be addressed much more than it is.

The opposite of abandoned is cherished. How often do we feel cherished? How often do we cherish another? How often do we feel respected and how often do we show respect to another? How often do we feel honored? How often do we take the time to honor another? All these questions lead to the answer of diminishing the feeling of abandonment.

Our guides and tools are designed to show people how to deal with the hurt and despair of abandonment. The more empowered we feel within ourselves, the more connected we are to something higher than ourselves, the more our emotional challenges will be experienced with grace and ease.

Our skin becomes softer, yet stronger because we become more pliable.

Feeling abandoned cannot be escaped while living in this world. We must accept this as fact. The smartest thing we can do is use it as a teaching moment to transform it into something positive and rewarding.

Issues that Stimulate Abandonment

Day one from birth

Mother and Father going to work

Going to Camp

First time going to school

Relationships that do not work out

Not being hired for a job

Personal points of view not being accepted

Bad government policies

Legal injustices

Lack of Health Care

Being left hanging on the phone

Someone being late for our meetings

Losing money

Being turned down for a loan, mortgage or credit card

Not passing a test

Not having enough money to meet our needs and standards

Not being able to have children

Separation and Divorce

Death and Dying

Strategizing When Feeling Abandoned

1. Forgiveness, though difficult at times, always pays off.
2. Don't look down, don't look forward, don't look back...just look up!
3. It strengthens us to know that everyone, everywhere has experienced the feeling of abandonment.
4. Never believe for a moment that we deserve to be abandoned.
5. Acceptance is the best armor against abandonment.
6. To solve a problem, we must study the truth and opportunity of it.
7. Not going into denial is a gift of very few.
8. Staying true to our own virtues is true empowerment.
9. Never abandoning ourselves is the power birthed from being abandoned.
10. Resentment can kill some of the best opportunities.
11. Remembering our purpose leaves us never feeling lonely.
12. We become strong when we know there are no shortcuts to peace of mind.
13. Anger, if controlled, can create the mightiest plan of action.
14. Might comes from knowing what is right.
15. Never be afraid to abandon that which will cause any harm.
16. There is a great difference between judging and sound judgement.
17. Always keep in mind that there is a much bigger picture.
18. Faith rides us through all rough rides.
19. Trust is the end result when we trust ourselves.
20. Stay motivated – not stagnated.
21. Too much analyzing can be paralyzing.
22. Before sowing the seeds of truth, know who planted them.
23. Forcing an issue, more often than not, forces another unwanted issue.
24. We are always sustained when we overcome disappointment.
25. The power of thinking limitlessly overrides any situation that left us feeling limited.
26. Learning the lessons from tragedy and conflict leaves no room for remorse.
27. Empowerment comes from analyzing forces which obstruct our spirit.
28. Know that anything that does not work needs to be in review.
29. Feel free to be truthful under all circumstances.
30. Life on this earth plane is not for the faint hearted.