**Detachment**

So many on the ascension path are feeling detached from what once gave them pleasure, from people they once resonated with, and are experiencing a general sense of aloneness.

Many who are experiencing this are interpreting it as bad. Something is wrong. Maybe, they think, I just don’t want to be here anymore. Life just doesn’t hold the same meaning for me anymore.

But what they are not taking into account is that they are detaching from old energies, from the old way they connected to life, not detaching from life itself. There is a difference. For example, many of us have detached from world events and aren’t plugged into the news. No, we are not burying our heads in the sand, we just know that the world is doing what it does and needn’t affect us. We have compassion, not pity, for all those on their own sacred path, even if that path is one of war. We are not interested in saving anyone. We understand that one who is connected to their Soul is millions of times more powerful than millions who are disconnected from their source.

We know that all is well and that we are of greater assistance to others, and to the world if we are in love with ourselves and our own life. Feeling detached in this case is positive for all concerned.

Feeling detached from friends and family can cause lots of concern and guilt. We are not so available for them emotionally or physically anymore. We are understanding that the energy of worry toward others just helps perpetuates their issues. How wonderful that we are finally giving them the gift of solving their own problems. Of being their own source of comfort and joy. What a beautiful gift to anyone – to help them to become empowered!

We are detaching from drama, in others and in ourself. Not responding to emotions that pull us into feelings of hopelessness and powerlessness. While we honor the feelings, we allow the feelings to come and go. We’re even detaching from worry about our own medical issues or health issues. Well meaning friends or family fear we are in denial, but in fact we are finally surrendering it to spirit. Allowing the healing process to take place without trying to do it ourselves.

We are detaching from goals, plans, from trying to make things happen in our life. Whether it’s to lose weight, get buff, build a career, you name it. Many of those things may not be important anymore to us, or if we do desire something, we have a knowing that it is already there, and we just need to allow it into our experience. It’s the struggle and trying and needing to prove worthiness that we are detaching from. This may be interpreted by others or ourselves as being lazy, or as wishful thinking. As not being ambitious. We may still be unfamiliar with our limitless creator abilities, but we do know that the old ways aren’t working.

These feelings of detachment can initially created a void that is interpreted as a loss of identity. Who are we without our old role of caretaker, of artist, musician, writer, wife, mother, father, best friend, even of someone striving for spiritual enlightenment. We may even become detached from that one because we are awakening to the realization that we are already there. We don’t need to seek god, for god is within us, within our bodies and hearts.

So we are systematically detaching from the old ways of doing things. And this can leave our minds reeling…..wondering what in the world is happening.

What is happening is the most incredible experience a human will ever have! Releasing old worn out ways of being so they can embrace their soul and create with joy and ease. To have a partner with them who loves them unconditionally, who has no fears, and who can clear up their disease, their financial lack or create with ease their hearts desires.

So the detachment isn’t an issue, it’s our interpretation of it that brings us pain. And it’s being in the place that new energy pioneers find themselves: doubting themselves, being uncertain of what lies ahead, shaking in their boots.

But it’s a place of adventure. If you are reading this, you are an adventurer. You love exploring the new and unchartered. The bigger the adventure, the bigger the fears. So dear adventurer, give yourself credit for blazing new trails! You didn’t come here to play it safe. Don’t let the feelings of detachment be a negative. See it as a springboard for reconnecting to life in a whole new way. And that way will make itself known to you, a step at a time. Your only requirement is to trust that.

And to continue doing things that bring you joy. To continue accepting and loving who you are in each moment.

**Dark night of the Soul**

The term Dark Night of the Soul is a spiritual crisis in a journey towards union with God, like that described by St John of the Cross.

Entering the Dark Night of the Soul can be triggered by certain life events, but anyone who has met their true Twin Flame can attest to this life altering process. It is the most excruciating pain anyone can endure as it literally feels like coping with death.

The DNOS is a necessary process in order to form a fully conscious bond with the divine. At each stage come experiences of exquisite mystical transcendence as well as feelings of depression, madness, and extraordinary isolation unknown to ordinary human experience.

Twins have reported having visions, hearing angelic voices, experiencing unusually intense telepathic communication, emergence of unknown psychic gifts, unexplained synchronicities that won’t stop, and falling into deep states of depression that would have brought ordinary mortals to the brink of suicide.

This relationship will leave you in the fetal position crying in agony because it feels as if your soul is being ripped from your being - with no mercy from the angels or God above - leaving you feeling totally helpless.

Meeting your Twin Flame is excruciating; there is nothing romantic about this relationship while you are experiencing the death of the old egoic self. You are literally shedding lifetimes and lifetimes of suppressed emotions and old egoic beliefs. You are being forced to heal your CORE wounds now.

This relationship is preparing you for your enlightenment. It is calling you back to your relationship with the Divine. It is guiding you to the higher realms of Higher Consciousness.

The Dark Night of the Soul is about: transformation.

But understand that through the death of your old egoic false self, lies something absolutely beautiful waiting to emerge. Meeting your Beloved has triggered your spiritual awakening into finding your true authentic self again. That is the nature of this relationship. It is to help you find your way back to God.

Just know that you are never separated from Source, even when it feels as though God has abandoned you. When you go through the Dark Night of the Soul - you will think you have been separated from Source because of your de-tachment from friends and family, but this is not truth!

Source is always there to guide you, illuminating your path every step of the way. Stay grounded, and pray for mercy during this process. Always tell yourself that you are LOVE - and that you are LOVED.

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