

Detach!

The shadow of the Crown Energy Center is attachment.

You must learn to detach to feel joy — the feeling of the crown.

You must detach to know, which is the right of this space.

How do You Detach?

I personally have struggled for many, many years to learn to detach.

Here's My Story

For years, I struggled to control my mother's drinking and erratic behaviors. And then many more years trying to caretake my adult daughter's substance abuse and her Oppositional Defiance Disorder (ODD).

I attempted to control and caretake because that is all I knew how to do. Those were the only tools I had to handle such a challenge.

So I went on a journey to learn some new tools and new skills. I joined Alanon, the 12-step program for families affected by alcoholism. I went to therapy, I practiced yoga and meditation. I read every self-help book that seemed relevant.

And as I studied I came to understand detachment intellectually and took tough love actions like putting my daughter into a behavioral boarding school, NOT bailing her out of jail, I still worried, tried to help, let her go, fretted, believed her when she cried out for help, didn't believe her cries for help.

As I studied detachment I knew all my attempts at saving my mother had failed and I still continued to try.

I felt desperate and angry. I was really angry that I had an alcoholic mom and then an Oppositional Defiance Disorder/Substance Abuser daughter. It felt really unfair. I often described my circumstance as living in a crazy sandwich — trapped between two out-of-control women who forced me to pay more attention to them than to myself.

The injustice of not having a sane mom to teach me healthy life skills plus a beautiful daughter growing into a woman who rejected my hard-earned knowledge really hurt.

I took it personally. It felt like a slap in the face and I couldn't let go of either of them.

I spent so many years tossing and turning at night worrying that I would receive THAT phone call about my mom or my daughter. And they did come. I received them and showed up for whatever they needed.

I felt so trapped and yearned to be free.

Slowly, slowly over the years, and I mean YEARS — seemingly out of the blue I experienced detaching with love with my mother.

It came in the form of one of those dreaded phone calls. My father called to tell me my mother was dying so I flew to her bedside. As I was sitting in the hospital holding my mom's hand, she looked me in the eye and for the first time ever, my mom was present. The mom I knew was always there, buried beneath her addictions.

I saw her. Who she really was beyond her addiction and out of control behaviors. I noticed that she was love. As I recognized my mom as love for the first time ever she said to me very clearly, *"I see you. I know who you are and I'm proud of you."*

It was the gift I'd been waiting my whole life to receive. All my *let go, let God* mantra's had paid off. My heart opened in that moment and I was able to let her go. Let her have her journey.

It was a miracle — I was no longer angry. I no longer felt like a victim.

Mom recovered from that moment of death and when her final transition came and I received the phone call, I didn't feel the need to fly to her bedside. I was at peace and let her go with love.

That experience with Mom helped me to detach with love from my daughter's problems. My daughter had challenges but underneath those struggles I knew she was a loving person. She didn't mean to be defiant. She didn't ask to be an addict. But they were her life lessons and I was able to let her have them. I no longer worried about her. I gave her her life back. It wasn't the life I wanted for her but it was the life she chose.

I was no longer her victim. I was no longer angry with her.

And guess what — She changed.

This is what I know from a lifetime of exploration into detachment — it is elusive and requires a lot of practice and patience to experience. I figure that is the reason detachment is the work of the 7th energy center. You have to do all the work of the other energy centers to begin to have moments of detaching with love.

I had to learn how to take care of myself first.

I had to learn to navigate that tricky line between helping and enabling.

I had to learn to ask: Is this good for me? Can I accept the outcome of my decision? What are my motives? What are all my choices? Is this the best choice for me? Is this the best choice for them?

I had to learn to say, "You might be right" and "Let me think about this and I'll get back to you."

I had to learn to mind my own business.

I had to learn to listen instead of offering unsolicited advice.

Ahhhhh! The journey to detachment was a long and winding road but totally worth every moment of work to feel it!