

Abandoning Abandonment by Toni Petrinovich

Every human being experiences a sense of *abandonment*. Call it “part of the earth game.” From the moment the physical body slides out of the birth canal, the very first physiological impression is . . . **LOSS**.

Impression number two is *survival* through alerting everyone in the room that loss and abandonment are being experienced. *It will never feel the same*. Security will not be as secure, safety as safe. The womb’s protective fluid shell is gone . . . never to return.

In its place is the possibility of freedom – at least once you get the hang of having a body to use to play the liberation game. **You chose it**. You said, “*Give me a human body and I’ll go to earth and create magnificent experiences.*” And here you are in earth!

Around the age of two, you really began to understand: **I AM Me! You are You!** Never the twain shall meet. So with this new energy bombarding you, you began to learn that whatever you wished to give power to through your thought form would become real virtually instantaneously and you would feel the energetic effect of it.

All limitations were off and your little feet began the grand exploration. **Forgotten was the sense of abandonment in the delight and glory of discovering this world**. You saw yourself standing tall in your divinity, in complete perfection, living life in complete delight, embracing, expecting the desires of life to be in your reality . . . and they **were** . . . *until* . . .

You got to be about six and began going to school . . . the place of many rules, peer group pressure, right and wrong (in a very *difficult* way), proving yourself as capable as the next child, bringing home good grades . . . on and on it went. The separation between you and the “other” became very distinct and, unless you measured up, you were an outcast . . . and you believed it was true. You lost trust in yourself . . . *because you had given it away*.

So now, **here you are** – mature, grown up and “living life” or so it seems. But the abandonment is back because all of the years between when you had forgotten loss and *this moment* are now filled with a magnification of “*not enough*”, “*not good enough*” and “*unable to live up to expectations.*”

What is missing in your life is the ability to trust yourself . . . the same trust you had when you were two and letting each new distraction attract you. Now, always, there is an authority. Always, there is someone to *become like*, something to *change*, something to *control*, and always, there is the comparative mind, the mind that says *this* is better than *that*, **this** is preferable to **that**.

In a word, there is judgment. It prevents the possibility of being comfortable in your own skin. It stops you from feeling connected to others. It creates adversity, polarity and the world of black and white. Judgment, fear, lack of trust – **these are the fibers that weave the veil together**. There is judgment about *presence*, judgment about *absence*, judgment about the *seen and unseen* and, of course, there is the wish to become *something other* than what you are.

Beneath it all is this belief: ***I'm not Ok as I am. You're not Ok as you are.*** Nothing is ever loved, just rejected. This is what perpetuates the self-help machine. This is what creates the combativeness and the conflict, both within and without, and religion and spirituality have become part of this machine. They have crippled love. They are maintaining separation, hence *the veil*.

The idea of God, saints and sinners, believers and non-believers, enlightened and unenlightened, awake and asleep have crippled the free mind. There is superiority and inferiority. There is chosen and not-chosen. There is God loves you, *but...* God loves you, *if...* or God loves you, *when....* Never is it simply . . . *enough*.

Lifting the veil, *abandoning abandonment*, is simply replacing judgment, fear and lack of trust with **no need to judge, no need to fear and absolute trust in you**. Remember back at the beginning when you decided to come to earth and enjoy it all? With the removal of the veil of forgetting, you remember why you came. *You remember yourself*.

How to Abandon Abandonment:

1. **Ask** your heart as the voice of your soul if what you are doing moment to moment is what you really wish to be doing;
2. **If your heart says, “No,”** ask your divine self why, as the source, you wish to continue doing what you are doing that *separates you from you*;
3. **Imagine** clearly what you would prefer to be doing with the moment and begin again to remember why you came to earth;
4. **Take** one small step toward *being* the divinity you know you are capable of being, your sacredness, and
5. **Tell** everyone in your life what you are doing; **share it.**

