

## Fear of abandonment

I want to address this issue when I realized that is very present in many cultures of the modern world, because human priorities have changed, especially in young-adults, who now a days prefer emotional independence rather than the desire for freedom that everyone has, but that is often not possible to achieve, when there is fear of being abandoned. Often, most people do not realize that they have this fear, which is overwhelmingly limiting.

This psychopathology may be due to various causes. It can arise very early in childhood, when we are dependent persons and in great need of the presence of an adult, especially the mother. These fears disappear as one grows forced by life circumstances like study, work, disease, etc. But, without a healthy emotional attachment in childhood and without trust, the prospect of forming a healthy adult relationship dimmed. Also, in adulthood, fear of abandonment is reinforced by loss situations like death, divorce, infidelity or sexual abuse.

Some of the symptoms of this psychopathology include the following:

Feeling of helplessness, not live life in fear of losing it, loving disrepair, intellectual abandonment, neglect of interests, abandoning ourselves, fear of loneliness, all of which distort relationships, creating unhealthy or co-dependent relationships.

Hypersensitivity to emotional rejection, intense feelings of anxiety associated with modern life. Any of these symptoms turn into a variety of neuroses and psychopathologies that influence the socialization process.

Many compulsive and addictive behaviors have a casual link with anxiety for abandonment. The compulsive consumerism, excessive TV viewing, abuse of video games, spectator sports, drugs and pornography become means of escape for these feelings of anxiety.

Feeling of emptiness and an overwhelming anger toward paranoia, dissociation, self-mutilation and suicidal ideas surrounds the mind of those who suffer this problem. They tend to avoid those who could give them happiness and intimacy and seek only superficial connections. Many times this situation translates into the development of a "false personality". The lack of understanding of the fact that they have been abandoned, even if not deliberately, builds an existential vacuum that isolates depress and leads,

sometimes, to a loss of self-esteem, a states of anxiety and of intense confusion.

Children, unlike what happens with adults, are unable to assume these feelings that profoundly shape their personality and make them feel helpless. With the passage of time, these feelings prevail as a wound that, if reopened, can cause great pain. However those who fear being abandoned are unconsciously looking for this to happen, in a chain of addiction to pain and melancholy. The mind becomes a machine that obsessively analyzes the behavior, words and actions of others. The mothers fear their children will leave them as they grow, friends may interpret silence and simple company as a sign of lack of affection, and so on. These put an enormous burden on them, since they assume that the fact that a person is leaving their lives depends entirely on them, which leads to the rapid loss in self-esteem.

Through sound healing we can do several things to treat this disorder and help people to overcome this psychopathology at the physical, emotional, mental and spiritual level.

#### Treatments:

First of all be aware that the abandonment is part of life, but the most important aspect is to never abandon ourselves, as this will always provide us with company. Not to abandon us means to restore confidence in life and love and to raise our self-esteem. We can achieve these by healing our "inner child", taking care of her as adults, and returning her confidence and learn to know her so that we will become more connected with our real emotions instead of the emotions created by the mind. In this way we will learn to be more confident in life, to know what we really need, we can care for and love her just as we would like, giving her love and care, and making us our own mothers and fathers. We should commit ourselves to assist her, look after her, recognize her, value her, give her confidence and allow her to be sensitive, recovering her true identity.

How can we trust her if we do not trust ourselves? Vibrational therapy can help. A good way to start is through the vibrations of words. We can use positive affirmations about ourselves, such as: "I accept and love myself as I am", "I can love and be loved as I am", "I am a miracle of nature", etc. All these phrases are made even more powerful if you sing or add a sound. This will also be beneficial for our memory, because it cost us less to forget how wonderful we are. Also singing will further strengthen our self-esteem because learning to sing and sing with our heart is a perfect way to continue getting to know ourselves and be better adapted to life in general.

Also, the exercise of singing will release endorphins which gives us better breathing ability, which can help a lot with the states of anxiety and fear. Despite all our anxieties and fears, we must begin to care for ourselves, because we have been the ones to first abandon ourselves.

Another way to reconnect with our essential being is through our frequencies, for example, the frequency of our soul, which may be helpful to return to our center, and paralyzing fear or anxiety.

The feeling of fear and anxiety are involved with our nervous system, which can lead to calm and relaxation through our higher states of consciousness, such as theta and delta, with sound healing sessions that allow us to reach meditative states. In these sessions we could focus on three fields, first chakra gives us the security to be alive and connect with the earth, to get all the fears that go in our minds, we allow third chakra clearing fear and to trust ourselves, and fourth chakra that opens our hearts to learn to give and receive unconditional love, to love ourselves and to forgive through compassion.

We could also work with the body's organs that could be affected as the stomach, pancreas or intestine through specific frequencies.

And last but not least, I want to mention the most powerful sound in my opinion, which is the deep connection you get when you learn to listen to the earth's rotation. This allows us to understand and find that sound in ourselves, showing us we are not alone, since we are part of the universe! This sound lives and reigns in every part of our bodies and you have to trust on it. To meet with that sound we only need to reach silence.

One of the ways to reach happiness and have a peaceful and quiet life is being contented with who you are, trusting and flowing with life, without judging it.

Milena Muñoz.