

How to overcome the addiction to partner?

Posted At : March 2, 2011 12:57 PM | Posted By : Michael Smith

Related Categories: Relationship, 2012

I liked this. I have been working on eliminating "I will miss you" from my vocabulary and instead focus on what is here now. Missing is an emotion of lack for me and I chose to focus on what I do have.

love

M/M

PaulsList@lists.paulloew.org
wrote:

>
> A reply from some time ago...

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>
> Your addiction to your partner...

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>
> When you base your feeling of happiness on something outside of yourself

>
> it does not work ?- you will never feel fully fulfilled.

>
> Your feeling of well-being is dependant on something that is not under

>
> your control.

>
> If they were to die, or leave, you would have a choice: curl up and be

>
depressed; find another partner - with whom to depend upon for happiness

>
be with yourself and feel what you are feeling.

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>
If you look to the past, or the future, you are not here.

>
The depth of the state of well-being is in this moment. Only this moment

>
If you look back you are not here; if you look forward you are not here

>
Life/living is here now. Now.

>
Missing something is not here; looking forward to something is not here

>
And there is only here. Missing something equals not being here; looking

>
forward to something equals not being here.

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>
When your partner is not there, be where you are, in each moment.

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When the mind goes one nanosecond to the past, or future, you will not

>
be here now, and you will feel missing. Be in each moment ? just each moment

>
and be with how it is, or take responsibility, and change it.

>

>
Either be here, and feel what you are feeling, or go there, but not here

>

complaining about not being there. Be responsible.

>
If you have decided to be where you are, and your partner is not there

>
even if they are there) just be with who you are, in that very moment.

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>
Do not listen to the addictive process of the mind. Be where you are,

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exactly as you are. If you are away, and missing them, and you have

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decided to stay away, just feel exactly what you are feeling, and accep

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it.

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Don't complain it is not intelligent.

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(In the film What the Bleep one scientist keeps saying that when you lo

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at

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an object, say, a chair, a certain part of the brain is activated. If y

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are blindfolded and asked to think of the chair, the same part of the b

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is activated in exactly the same way. So when we look ? do we see a cha

>
or our brain activation? When we see our partner, do we see out partner

>
or our brain simulation?)