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# UNDERSTANDING THE JOURNEY

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A Bimonthly Newsletter from Healthful Energetics, LLC  
<https://www.sheilajwood.com/about-8>

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<https://www.youtube.com/watch?v=QUQsqBqxoR4>

## Attachment vs. Authenticity

WRITTEN BY SHEILA WOOD AND  
PARAPHRASED FROM GABOR MATE



The word essence has taken on a much deeper meaning for me as I become inured with Dr. Gabor's revelations around how we develop our psychological tools for existence on Earth. Today's newsletter is a cursory summary of the highlights around guiding principles that represent Dr Gabor's signature in his healing practice. A psychiatrist by education, a humanist by design, he has indeed revolutionized his career dictates into a deeply thought out healing practice. This discussion of attachment versus authenticity is merely a sampling of the light that he shines on our makeup as societal humans.



Attachment can be described as the strong need to be close to another human, both physically and emotionally. Fulfilling this need in infants establishes a lifelong reference point and is based on survival at a very early age. Attunement with a care giver, a critical pivot point, dictates how we allow ourselves to be taken care of and how we care for others during our lifetimes. It provides the template for how we approach all significant relationships. The importance of and length of time for this bonding is often downplayed or not allowed as society (which varies by country) measures the importance of our earliest months of life. It has been shown that the absence of nurturing can cause physiologic responses that can potentially lead to physical illness with underlying psychological effects. This attachment need is strong and if not met could be reflected as a deterrent to rational decision making or conscious will because it resides in our essence.

**Authenticity, an equally important side of us, is the quality of being true to oneself and the ability to shape one's own life from a deep knowledge of self. It is as much a driving force as attachment, and because it is rooted in survival instinct, it is based on knowing your gut feelings when they arise and honoring them. Navigating from this genuine essence of self eliminates rigidity and allows us to expand - to care for and be influenced by others while maintaining authority over our own lives.**

**Life often brings us face-to-face with a battle between attachment and authenticity. What happens when our needs for attachment are threatened by our authenticity which is our connection to how we truly feel?**

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**When our parts as a child are seen as acceptable or not acceptable with no gray areas, internally this may result in our inability to integrate a sense of self. We may survive by being nice or by being the way our parents want us to be. The products of too much control are seen in perfectionism or rigid role identification where the vulnerable parts of self are denied and there is no room for failure or just being ordinary. The only way to be loved is through artificial patterned behavior. Should we grow up in households dominated by addiction, violence, poverty, excessive control, or perhaps not being seen or accepted as the person we are, survival behavior is imprinted because it becomes our way of getting through the day.**

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No condition exists in which a human has less agency or fewer options than in infancy and early childhood. The need to survive depends on maintenance of attachment at whatever cost to authenticity. Many childhoods are marked by a fight between the two and the outcome with consequences can last a lifetime.

The conflict between the influences of attachment and authenticity comes about because as a child we must choose between getting basic care which depends on our 'correct' behavior and in being ourselves which often results in rescinded care. The first choice of correct behavior, without a doubt, is always chosen by a child. Our real selves are leveraged to secure physical and emotional survival by relinquishing self and feelings. This becomes a reflex outside of conscious choice and unfortunately, we cannot move away from these things that no longer serve us because they have always been there and are ingrained in memory. They become our normal or second nature, distinct from our authentic self. So, wired into us is the need to be what the world needs and so creates our sense of self and how we seek love.



**It is sobering to realize that many of our personality traits are scarred from where we lost connection to ourselves very early in our lives. As adults, we may try to get unconditional attention using physical attributes or from compiling a long list of accomplishments. A child missing consistent lovability may grow up wanting to be seen by everyone as a persona, perhaps a politician or media person. Another turn is if we are not made to feel important as just who we are, we may seek significance by becoming compulsive helpers.**

**In our society, many of the compensations for what we may have lost as a child are seen as admirable traits and wall off the authentic self by exposing the underlying costume that seeks attachment for survival. But the relief we buy with our punctate strengths is temporary; we crave more again and again. The endorphins released in our brains allow us to feel loved or valued at points in time but because this does not last it fails to resolve the ache in the soul. As in addiction, we become compelled to persevere in seeking relief that does not last.**

**Enter – CRISIS – an event that causes us to pause and go within. Here we question the self we act from. Divorce, addiction, mid-life confusion, and/or medical problems may result in the need for fundamental reassessment. How we approach this, and the time we take to get to know our proclivities, could turn the tide toward self-acceptance.**

From a healing framework, Dr Gabor posits that we must leave guilt and shame behind, moving from self-accusation to curiosity, from shame to the ability to respond honestly. The great realization, once these concepts appear in our awareness, is that we do have a choice about responding amid pre-conditioning and suppressed emotions. Lucky for us, Dr. Gabor has opened this can of worms for healing purposes. With awareness of these conditions and when using self-compassion, authenticity can exist for us and become a settling influence.

# Send me your questions

BY SHEILA WOOD

I am interested in what is on your mind as you progress through spiritual learning curves. Your questions will also help others to learn about different aspects of metaphysics.

This page will reflect your input and curious mind. Hopefully, it will be a continuous dialogue and serve to develop concepts as inputs are collected.



**As we all know, often answers to questions birth more questions.**

**So in a word - this is the "Don't Be Shy" page.**

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*A channeled message from Orion*

*Stay tuned....some answers/comments next time*

*"Make sure that you project from your heart and listen to others. It is the best way to grow."*

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## Presenting a channeled message from Orion

Amidst the glow of avarice combined with intellect, we move toward an open view of existence. The present markers show us that cannons of previous pods of consciousness expound the virtue of complacency and lack of thought.

Today is the opening of many avenues of information, available and ready to fill the gaps of understanding and to placate the questions of why. The happenings on your planet are not for the distribution of visible blessings but exist in invisibility, to bring forth the deepest of awareness that otherwise would not surface.

Take heart in the fact that the emergence of challenges based in societal energy bring opportunity for a self-advocating deep dive into the consciousness of belonging. We all belong to a society. Wishes to escape and live in a less dense and a less conflicted realm may suffice to comfort you for a while but will not sustain or obviate the just rewards to be gained by searching.

In the overall quest for sovereign wholeness, what comes before you in your society now is a gift. The gift of alarm and awakening will deliver you to the ocean cycles elicited by your moon in a sea of wanting or discoveries, based on your choice. Placed before you are doors of thought toward societal wholeness that prompt activity toward sharing. Sharing among the breadth and fondness of differences remains a set goal, not only in your realm but in many others as well.

Riding the waves of change and sitting on the cusp of enlightened realizations levels thoughts to the necessary basics of humanity, the love imparted to our existence that cannot be destroyed. To emerge into love and understanding will allow the passageway for others to emit points of light that illuminate needs, the resolution of which is inherently contained within the essence of life-giving soul energies. Allow this pattern to emerge; gain and gather strength; place the strengths according to ability and need; power into the reaches of opportunity. The gifts have been placed.

Much love as you journey....

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