

“Masks of Attachments”

How do we go beyond a dysfunctional relationship with self? By acknowledging our authentic nature, which is the essence or nature of God.

You might ask how am I dysfunctional? Your life becomes dysfunctional when we allow your thoughts and attachments to become a reality. When we identify with the thought instead of identifying with the truth. We become so attached to the thought we lose our identity. So much so we become fearful, disgusted, shameful, angry, etc...at ourselves and other all because of a dysfunctional relationship with our self. We allow the emotions to keep us in bondage. We begin to put on a disguise or mask. Why? Because we feel if anyone knows the truth, we won't be accepted, or we will be outcast. We become so confused we can't have a healthy relationship with anyone especially ourselves. For that matter as we look back on life, because we have never learned how to be non- attached we realize we have never had a real relationship with anyone.

As we become aware of our thoughts we realize that they aren't who we are or who others say we are. Just because someone says or said something about you, or looked at you a certain way doesn't make their words true. It only becomes true for us when we choose to accept them as truth, and allow them to mold and shape into who we think we are. We need take back control and power over our lives. We give our power away every time we believe the lie we tell our selves.

Let me share something with you, growing up I was mentally, physically, and emotionally abused by my step dad. Talk about dysfunctional, my step dad used to physically abuse me, and I thought this was the worst thing that could happen to me. I mean it was obvious, you could SEE the evidence of the abuse. But as I grew up I realized that the physical wounds heal but the emotional wounds cut deeper than the eye can see. He used to call me every name in the book, he never called me Cathy always a nasty name or something demeaning. *“He would tell me he was going to kill me, and that I was fat, ugly, and never going to amount to nothing”*. I understood that his words hurt at the time but I didn't realize that my life was being conformed to the truth of these words. I didn't realize that I was allowing his words to have so much power and control over my life, or that they were killing me slowly from the inside out. So much so at times I didn't want to live anymore. I thought if this is all there is; what's the use. I tried killing myself more than once. I mean it's pretty bad when you fanaticize about ways to kill yourself. I became so accustom to hiding the physical abuse that I didn't realize I was also hiding the hidden torment of a dysfunctional identity behind a mask or many masks. There were times when I would let my guard down and let people in, but most of the time I let people believe everything was okay, all the while confused and wounded inside. I had no drive for life, no worth, no love, no passion, no joy, nothing. It was as if every time something positive came into my life it would be snatched away. This was how he kept control over me (and my siblings). I came to know later in life that through all of this God was always with me. His presence, protection, and love was always there to comfort me when I needed it. Even when I had no idea of who God was or how to have a relationship with Him. This brought the understanding and the reality that *we are never separate from our Father and creator* into a true reality.



There is so much more I could tell you but just one more thing. My step dad died at age 42, I was 23 years old and had been married for almost two years. And even after moving out, trying to build a life for myself, and him dying I still allowed his words to have power and control over my life. I would try to better my life with a good job, school, even by learning to love and accept

"Don't make a permanent decision for your temporary emotion."

myself for who God created me to be, and I would fail (according to my mind) and say what the; your fat, ugly, and never going to amount to anything, so why try. This is your destiny, this is as good as it gets. Understand I had given my life to God and had been serving Him for over three years and yet I was still allowing myself to be victimized by a man no longer living. I was choosing to create a identity out of being the victim, and was using his words to victimize myself. I was living in



bitterness, anger, unforgiveness and rejection of everyone but especially the rejection of self. I had to release myself from the self afflicted prison I had created causing dis-ease within my body, soul, and spirit. I had to forgive everyone but most of all I had to forgive myself. Everything I was doing and creating was a learned experience, and I was allowing these experiences to define who I thought I was. I was allowing them to define what actions I took for my life. But When I understood what I was doing, I began to change or renew my mindset to who God says I am, not who I or others say I am. I became unstuck by my limitations, and came to know I AM GOD BEST and HE DOESN'T MAKE NO JUNK! *God is limitless!* By learning to master my dysfunctions I loosed the shackles of limitations. I

am not saying it is easy, still today after twenty-one years of loving and serving God I still have to be aware of my mind set and my thoughts. Everyday I have to choose to live on purpose, allowing God's divine greatness to emerge, and shift from always being dependant on others and learning to be true to my Christ nature.

Where there is no identification, there is no attachment...

Through all of this my main points are this...your not who you think you are or who others say you are. Who you truly are remains untouched by life's inadequacies and disappointments. Your Christ self knows nothing of being a victim.

Your are never separate from God even in the pits of hell that we tend to create...God is always with us. *"He will never leave us or forsake us."* He is the heart of our being, only in the imagination can we be outside of God. To believe in God is to accept yourself. You are precious because you are God's living expression of His own being.

Stop being someone your not! Stop hiding from yourself! Stop doubting your divinity! Remove the Masks of Attachments! God desires all of us, not just the little bit we let slip beyond the masks of delusions, thoughts, and judgments of self and others. He wants us to Know and be our authentic nature...Love, grace, peace, hope, worthiness, etc... As we believe in our Christ nature we begin to experience Christ's Nature.

No matter what we do or don't do in life; what mask we wear; what or how we think, or act. No matter how we are conditioned or taught to function in life, "Nothing can erase our Christ Nature".

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