The Art of Detachment

Buddha always said that it is *resistance that causes our suffering*. Take a look at any circumstances in your life that are not working; such as your personal relationships, career, money flow, health issues, loneliness, etc. Sometimes these situations have been created as life lessons for you to grow & expand your **field of awareness**.

If you are resisting adversities in your life, you are only creating more hardships. Stop torturing yourself. Know that everything is happening for a reason – it’s all an initiation for your transformation. Pull yourself out of any emotional attachment surrounding challenging situations. Instead of fighting against it, accept that **what you are experiencing is a part of a process for your evolution**. Have the wisdom to accept unalterable situations as they are, without wasting mental or physical energy attempting to change what you cannot change. Surrender, and go with
the flow of the Universe. Out of acceptance, detachment organically emerges.

Enjoy all the positive aspects of your life, and let the negatives flow through you, not allowing them to affect you in any way. During moments of resistance, remember the Serenity Prayer: to accept the things you cannot change, the courage to change the things you can; and the wisdom to know the difference.

Play with MALACHITE to help you surrender and detach.

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