

Filling The Emptiness

BEGINNING TO HEAL

BEGINNING TO HEAL THE EMPTINESS

It is quite common when we come into adulthood that we will begin to feel this thing we call emptiness. And for anyone that has encountered this great abyss called emptiness you would agree it is not a particularly agreeable state.

I think we would all greatly enrich our lives by identifying and dispelling this aura of emptiness and instead replace it with fullness. When solving any problem it is helpful to work backwards from the problem and see its catalyst, its reason and why and how it was created in the first place.

INITIAL PHASE OF PROGRAMMING

When we are born we are **full**. From our newborn state we are vibrant and the notion of being anything less than alive has not entered into our minds. A little child does not create or categorize degrees of aliveness. They see and experience only one state and that is the totality of everything they are experiencing.

Babies and toddlers are so joyous most of the time, unless there is a need in the body that arises; but still they are very upfront about their needs. They are hungry, they are tired, they are sick, they are cold. But there is no hiding or deception. The need arises when the baby cries out and the parent or caregiver fixes that need and then the little one is returned into a calm state of experiencing and joyous learning.

As we watch those that care for us we begin to see states that are far more complex. Adults compartmentalize emotions and feelings and it can be difficult when we are young to try to figure out what they want from us and what creates happiness.



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THE CORE ISSUES

Here we will review some of the core issues that lead to feelings of disconnection & emptiness

TOO MUCH RESPONSIBILITY

Life can make us feel like we are not able to handle all the tasks that create wellbeing.

TOO MUCH EXPECTATION

This comes from our own projections and expectations, which build upon our societal beliefs regarding what you *should be* in order to appear as a high-functioning individual.

DISSOLUTION OF THE FAMILY

In modern times the family unit has grown smaller and smaller, yet the speed at which we expect things to get done and the grand scale to which we expect them to materialize has grown larger and larger.

MASCULINIZATION OF WOMEN

The female energy was created to nurture and bring love, patience and understanding to create balance and love within a family that would trickle out into society. With so many women working in a very masculinely polarized environment our hearts are suffering.

PERVASIVE SENSE OF FAILURE

A sense of failure is pervasive in our society because the route to success, or the illusion of success, is very difficult. The world is infinitely more complex than ever before in our history and information moves at such a high rate. It is inevitable to feel being: not fast enough, not informed enough, not capable of handling or understanding all the systems.

- Our legislation is extremely complex
- Our regulations are extremely complex
- Our digital systems lead to confusion and information burnout



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THE CORE ISSUES

(continued)

SUBSISTENCE LIVING IS COMMON

Many people are just barely getting by and having to work very hard to do it. This is the issue with an underpaid workforce that is supporting our super complex infrastructure.

BURNOUT

The state of burnout is the effect of working and striving past the point of it being enjoyable to attain some ideal that you set out for in a future date. Essentially sacrificing happiness today for the hope that you will approach happiness in some distant future. The problem with this approach is that we literally train our brains and neural networks to forget the circuitry of happiness. The more we push happiness off to some distant time and place the less likely we are to find it because those areas of the brain are not being used.

DISCONNECTION IS CREATING EMPTINESS

The more we connect ourselves to social media, our computers, our devices, our tasks and our work - the less we know how to tune in to others. The single most important factor of human happiness is our connection. We are so socially disconnected today more than ever before. And the pandemic didn't help. So now more than ever we have to **retrain** ourselves to reconnect to our human family.



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THE HOMESTEAD CRISIS

This was an early issue on my list and an important factor in the quest to undo the feeling of emptiness. When we look back even 60 years ago, usually the Mother of the household was at home to provide safety and comfort in the home. This would create a stable environment that helped with mental health.

HAVING SOMEONE IN THE HOME IS CONDUCIVE TO JOYFUL LIVING

1. The home was consistently clean and tidy
2. The organization of the home was very well designed because the women of the house have systems for keeping everything running smoothly
3. The daily tasks of living like meal preparation, laundry, gardening, cleaning, shopping, organization of family events and fun time, as well as caring for the children
4. When each member was done with their day there was still time for joy, rest and the enjoyment of everyone's company

THE CHAOS OF THE MODERN HOME ENVIRONMENT

1. In the modern era homes are not usually in good order if 2 people work outside the home
2. Extra chores must be done on off-hours
3. There is little or no time to properly plan for a fun time or to connect with family members
4. We have created a state of perpetual burnout
5. We mask this emptiness by buying more and creating an endless cycle of constant burden



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THE STEPS TO HEALING

The steps to healing your emptiness is understanding why you are feeling this way

BEGIN HEALING BY INTEGRATING THIS KNOWLEDGE

- You have more responsibility than any other humans at any other point in history
- You have less support from the family or the community than any other point in human history
- The expectations of what you need to accomplish are wildly imbalanced and come from a computer reliant society which completes tasks at hyper speeds: this is not conducive to happiness or wholeness of spirit
- Be easier on yourself: you are amazing and gifted
- It is completely normal to feel the world is moving too fast: because it is
- You are not failing or faulty, you just need help

WHAT ARE THE ANSWERS? [Learn To Dissolve The Emptiness](#)

From the perspective of the family unit having one parent at home at least part time would greatly improve things within each family. It is essential that the partner that stays at home treats it like a job and not a vacation to assist the entire family with things that can allow the external working parties to also have some downtime.

PLAN HOBBIES AND RECREATION EVERYDAY It is essential that you **build** fun into each and everyday. Getting out to a park, seeing friends, losing yourself in activities with no ulterior motives.

TAKE TIME TO REST Rest and the restoration of the human aura is essential. You must have a day or rest weekly. This means taking naps during the day. Napping and good solid sleep will help to dispel sadness and that empty feeling. Try not to oversleep but listen to your body. Sometimes in life you will have periods where you sleep a lot (don't beat yourself up for this - remember your body knows best).

SEE THE DOCTOR Make sure you get your blood tested and check ups to ensure you are functioning well. Simple changes like vitamins and minerals, daily exercise can have a huge impact on your life.

DON'T DRINK OFTEN OR DO DRUGS This seems pretty obvious but alcohol is a depressant and many drugs will over stimulate the system. These substances tax the body and brain and can leave you in a cycle of feeling anxious, hopeless and lazy. They can also create an unnatural depressed state of being. So do yourself a big favour and reduce these activities as much as possible.

GO OUT OF YOUR WAY TO BE NICE This again sounds so simple but it really works. Being nice to those in your immediate family, friends and people you meet can change your world. And I use the principle of fake it until you make it. What I mean by this is you can train yourself into a state of awareness through practice. Even if you don't FEEL like it's authentic, do it anyway and it will quickly become your nature.

