

## When You're Afraid of Losing Something or Someone

Fear of losing something or someone is an inevitable effect of having people, places, and things in your life that you love. Even while you're enjoying these contacts to the fullest — such as delighting in the company of your family and friends — you may also feel an underlying note of concern that one day you may lose what you're enjoying so much right now.

### Don't Forget

If you're experiencing fears over one day losing what you love, this is a good time to remember one of the great universal laws of life: "This, too, will pass." Good times will pass, and bad times will pass. Easy times will pass, and difficult times will pass.

The bad times passing is something you don't mind at all, right? But what about that "good times will pass" part of the equation? How can you enjoy, love, and relish all the great people and things in your life without being fearful of losing them?

The secret of enjoying good times without fear is to:

#### **Stay focused in the present moment.**

When you're focused in the present moment, you're enjoying what you have today rather than spending today worrying about what may or may not happen tomorrow.

#### **Live in a higher vision that inspires a sense of detachment.**

With a higher vision, you know that all beings and things are made of one supreme spirit that can never die and doesn't really come and go, except in external appearance.

With a higher vision, you free your mind from outer worries and come to experience life through the spiritual heart, which beats with contentment and peace just beneath the waves of your mind, during times of gain and loss.