

~* BELONGING *~

- Christina Lopez
- Brené Brown
- Maya Angelou

FITTING IN IS THE OPPOSITE OF BELONGING;

FITTING IN IS ASSESSING A GROUP OF PEOPLE

THINKING: what do I need to be?
 who do I need to be?
 what do I need to wear?
 what do I need to say?
 how do I need to act?

CHANGING WHO YOU ARE
 BETRAYING YOURSELF FOR OTHERS
 SUPPRESSING YOUR AUTHENTICITY

IF

- we only fit in because of how we changed.
- we had to abandon needs, dreams, desires, qualities, parts that belong to us.

EXERCISE

"BELONGING RE-DEFINED"

→ BELONGING IS

Journal about how you defined "belonging" before, what thoughts came up during your contemplation on it now, and how your view or other points of views on "belonging" has shaped you and your life so far.

"OUTSIDER"

↳ looking for people/places to call HOME

BECAUSE

society/system says there is something WRONG WITH you if you DON'T FIT IN ...

BUT

FITTING IN ≠ BELONGING

- being told you HAVE TO belong causes suffering

- Some people don't have the fundamental need to belong + belong only to themselves (may be covered by years + layers of conditioning; "template changer")

- ↳ natural energy blueprint is to change status quo

- ↳ change ingrained beliefs
 Subconscious programs
 old energy templates

- SEEING BELONGING WITHOUT ATTACHMENT OR NEEDINESS REMOVES PRESSURE AND DEPRESSION.

- IT ALLOWS US TO EXPLORE OUR OWN VIEWS, FEELINGS AND RELATIONSHIP WITH BELONGING.

BELONGINGNESS (WIKIPEDIA DEF.)

... is the human need to be accepted as a member of a group (family, friends, relationships, something bigger than himself, eg religion (activism et..))

MASLOW HIERARCHY OF NEEDS

... food, water, security → LOVE → PURPOSE

BELONGING

I belong ANY + NO where

MAYA ANGELOU!

EXERCISE

"YOUR AUTHENTIC WAY OF BELONGING"

- maybe watch the suggested resources yourself
- let this topic linger, continue to step into your inner world, contemplate
- when you feel called to do so + ready; take time out for yourself, sit down + journal:
 - what does true, authentic, unconditional loving BELONGING look/feel like for you?