

# The Apegos: Do Not Stop Being A Choice



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## Opinion

Understanding attachments as that intense or lasting affection or bond of all living beings, but obviously more seen in humans, depending on the type of relationship: parents to children, brothers with siblings, cousins with cousins, obviously love relationships in any variety, or also the increasingly frequent and insane elation between the human being and diverse inanimate objects as possessions. When one has an attachment, originally has the connotation of protection, care, love, understanding or freedom, but we have been responsible for putting words and concepts such as control, possession, ownership, establishment of limits, or breaking them, alienation, theft, obsession, jealousy, envy, etc. Hopefully we understood something, that attachments always start from a choice, from free will, from the use of our mental faculties in its maximum expression, since every thought, concept, or mental mechanism is expressed at the end of everything in a decision, from the movement of an arm, blinking, turning, until the decision to work, change address, choose what type of car to buy, choose a profession, or above all, a couple.

We are so accustomed to others making decisions for us that we lose our resolute abilities, that is why attachments become so

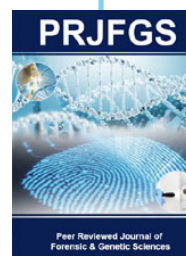
powerful before us: Who has not been able to finish a relationship even though deep down we know that it is not an unpleasant situation? What difficulty do we have to stop drinking, smoking or ingesting any other type of drugs? When you know you must finish something, use the famous: "it hurts me to suffer", that's why we do not make the decisions, because we have that fear of consequences. Attachments often speak to us of loyalty, of perseverance, of an antiquity in an area that distinguishes us, of constancy, of time; It will always be important to know how to use at the right time and place the key word that balances the concept of attachment: detachment. Being able to get rid of a relationship, whatever it is, is what really makes us grow, frees us, makes us adults and can lead to a better life, is the door that opens to a better world when we had closed the previous one, the key of the future, it is a gift. Do you want to have power in relationships of all kinds? Have the power of detachment, and you will see that things will have a different image; is to remove from you the controller, the limiting, the obtuse that suffocates any creation or concept of life.



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