



Cure

the *fear of loneliness*

It is not only because humans are social animals, but majorly because **human needs are unlimited**. Every relationship is a transaction, even the most loving ones. There's always an exchange that happens between people, and that is how it is supposed to be. The equal give and take leads to healthy relationships, but when this give and take is unequal between people, the relationships get toxic. The best option always is to leave the toxic relationship but most of us fail at doing so. This is because of the fear of loneliness. Even if it is ego, at the core is the fear of loneliness.

Fear of loneliness is deeply ingrained in human beings, and it stems from the unlimited needs that humans possess and the needs stem from the emptiness people feel within. As the world is growing the needs are increasing. And as no one can fulfil all of their needs they search for other people to fulfil it for them. Because they are dependent on others to fulfil their needs, they are scared of people leaving them. What the conscious mind and most therapists assume as the fear of loneliness, which is true on the outer and surface layers of the mind, is at the core the fear of being left with the emptiness one feels within. Have you noticed truly independent people don't have many relationships? The lesser is always better for them. This is because they actually don't need anything from anyone. They are highly capable of fulfilling their wants themselves, which is why they don't have needs.

People who have self-love never get heartbroken because they are not seeking love outside. Taking care of one's body is not self-love. 99% of people who claim self-love are actually faking it or assuming it. Self-love is neither arrogance, nor spending 10 hours a day onto the physical body. Self-love is genuinely being happy with oneself and being confident about who we are. I had a friend who wanted to be an actor. Let us call her X. She had a good face, but she was obese with cellulite and zero sex-appeal. She used to wear revealing clothes on purpose and blast anyone who would comment on her body, not because the revealing clothes were comfortable, but she wanted to force the idea onto the world that obese with cellulite is sexiest one can be. On the other hand, I had this another friend fatter than her, with way more cellulite and equally pretty face. Let us call her B. She was truly in love with herself. She would wear comfortable loose clothes and any time anyone mentioned her obesity her response would be, "I know ya, but my mind is asking for food, and I am unable to deny it. I had to choose between body and mind, so I chose my mind". She never tried to prove that obesity was sexy. She dated famous actors from the industry because she was so confident and would dress so perfectly that no one was put off by her obesity. She was way sexier than most perfectly shaped women only because of her self-love and self-acceptance in its true sense. She was never used, exploited or heart-broken because she never sought love outside. Since she never sought it, whether she got it or not never mattered to her. But funnily, she was always loved by all of her exes. In fact, they not only held her in high regards, but all of them wanted her back. Someone can deny you of something only when you ask for it. A financially abundant person doesn't care if someone has money or not. No one can deny them money because they aren't asking for it. And they don't ask for it because they have it. Also, if sometimes they fall short and do ask for it, people instantly give it to them because they know they will get it back as this person has it. But people are always hesitant in giving money to someone who doesn't have it because they aren't sure if they will ever get it back. The same thing happens in love. No one enjoys making losses. Which is why, people don't spend their love onto someone who cannot give it back.

Let me give you a reality check: The reason you are looking for love is because you don't have it. You cannot give that which you don't have. This means that you haven't ever really loved anyone. You have been obsessed and overly giving in order to "get" them but not loving.

Hardly anyone has ever loved anyone else truly in the history of mankind. People get deeply attached to what they need and call it love.

Love at first sight is either attraction towards that you need or a karmic relationship. The intensity you feel for the person is not actually for the person but for what the person can give you.

I am not trying to take the magic out of love. I am simply stating the truth. Love is magical; however, most people have never experienced it. This e-book is not about love, it is about loneliness. But understanding this was important for you to understand where your fear of loneliness comes from.

Sadly, almost all relationships are built to fulfil some need. Most common needs are care (love), money (that also includes safety and protection) and validation.

There was an exceptionally good-looking male friend of mine who desperate for money. On the surface it looked like he was struggling a lot to make money, but destiny wasn't supporting. But on a closer look, he was seeking a wealthy partner and didn't really want to put in efforts to make money (this came from zero self-belief that he was capable of making money on his own). He found many rich women, but he wanted the one he can fully control and manipulate. Finally, he found that woman. The girl he got married to isn't generically beautiful. She was obsessed with him for over 3 years. She claimed it to be love, but what she was looking for was validation. Most people do this, this is way more common in the world. People are just never consciously aware of why they are doing or feeling what they are doing or feeling. She wanted to prove to the world that she is a beauty-goddess by choosing an exceptionally good-looking partner. If someone that good-looking wants her, that means there is a hidden beauty in her that the world should see. Both got what they wanted on the surface. But they actually lost a lot more. All of the guy's friends understood he married for money. His sudden business class travels and luxury purchases were instantly noticed. Everyone including me did the math in our minds and lost all respect, trust and value for him. On the other hand, the girl slipped furthermore into complexes. She, like every other person who chooses a good-looking partner to satisfy the complexes of their own physical appearances, was seen as ugly now. When she walked alone earlier, people saw her as an average looking pretty girl. Now, attached to someone so good-looking people started perceiving her as ugly. Human mind is conditioned and programmed to compare. She wasn't compared before, so she looked good to a lot of people. Now that she was walking around with someone so goodlooking, people would first notice him then notice what was attached to him and their brains would react with repulse, disgust, doubts and judgements. Even complete strangers found the match abnormal and the instant conclusion in their brain was, "she bought him". They got what they wanted and at the same time didn't get what they wanted at all. In reality it all went in the opposite direction. He got the money, but the more he used it the more he was judged. She got the man, but the more she was seen with him the more she was perceived ugly.

This is the reality of life. No one can fulfil your needs, and every decision you take and choice you make to fulfil your need through others will always result in more depreciation of what you needed.

Now, the truth that we have understood is that:

You are scared to be alone because you feel empty inside.
You are seeking others to fill that emptiness within you.
But no one can in reality fill that void.

First *step* of healing is to accept this truth.

Second *step* is to find what you are needing from others.

In the earlier years of my youth, I was seeking men to protect me because I was born with intense fear of the world. The reason I was scared of the world is because I assumed I didn't have the street-smartness and the worldly intelligence required to deal with the world. I sought out men who were sharp, shrewd and manipulative. I assumed if these men loved me, they would protect me from the world. Well, the result was always me needing protection from these men.

The third *step* is, fulfilling the need within our own self.

This means I needed to feel safe within myself. I needed the confidence to deal with the world on my own. For that, what I truly needed was street smartness and worldly intelligence. I swear, I only created a prayer for it and went to a trustable hypnotherapist and asked him to instil it in my mind and brain. It worked in a day and reflected in all of my life's choices within a week. I am proud to say that now the evil people need protection from me. I use my smartness for the benefit of right people and standing up to the wrong ones. Life is fun. But also, I am not seeking any protection outside. I was scared to be alone, because I needed protection. Loneliness to me was being unsafe. Therefore, I kept tolerating all the toxicities. The moment my need was gone, so were the manipulative and exploitative men and their toxicities.

Need kills power.

When you don't need anything from anyone, you are in the absolute power position. You lose power when you need something. The more are your needs, the more powerless you become. The giver is always in the power position. And the one that needs has to submit and take whatever they are given, even the ill-treatments.

Need is weakness, not needing is power. Even Gods don't respond to weaknesses.

I am sure either you have heard it or said it yourself, "I only do good, and do so much for everyone and yet God is punishing me", well firstly God isn't punishing. You choose wrong, you suffer. It is that simple. Secondly, you are not doing good out of care (no matter how much you have convinced yourself that you are), you are doing "so much for everyone" because you want from them. God will neither punish nor bless you. God will disappear from your life until you either turn super-evil or accept your true self and decide to correct your mistakes.

Some people become arrogant, start bullying other people and gaslight to feel powerful. That's actually not power. In fact, I have seen them enjoy this. But I have also seen them get massively uncomfortable and getting panic attacks when someone truly powerful walks in. True power never loses its confidence in the presence of other powerful people. And when these bullies try to gaslight a truly powerful person, the truly powerful person pokes them exactly where it is going to hurt them the most. The truly powerful leaves unscratched while the bullies leave with massive wounds. What I want for you people is real power. The power that I feel within. The power to right the wrong, the power to help, the power to draw boundaries and the power to say no. The power to make a choice.

Right now, you don't have a choice, **your fears and needs are making the choices for you.** You are powerless within your own system.

This takes us to the next topic. The reason for being a “yes-man”. The more needs you have, the more you need other people. You cannot say no to those you need. Psychologically, people pleasing stems from childhood traumas of abuse. Which is absolutely true. But as you know I like to dig and reach the core. Childhood abuse is just the upper surface layer. What I found deep within every people pleaser and yes-man was fear of loneliness stemming from needing something from those people. However, here most of the time what people-pleasers were seeking was validation. This raises a very important question. Why do we need others to tell us who we are and why don't we know it ourselves. I have met extremely gorgeous women, like Kareena Kapoor level gorgeous women being complexed about their looks, genius people doubt their intelligence and extremely talented people unaware of their skills. People are blinded to their pluses only because they are seeing themselves through the eyes of others. And if, as a child you get an invalidating parent, you remain unaware of your pluses. Invalidating parents are themselves functioning from complexes and unconsciously see their children as their competitions. The cycle of complexes needs to end and for that people need to stop comparing themselves to others and wanting everything others have. Greed is the only reason behind complexes. The World will not stop defining you until you stop seeking your value in others. And when you yourself don't know who you are, how do you expect the world to tell you that? We as humans have deep comfort with convenience. People hardly ever choose the truth; they always choose what's most convenience to them and believe for that to be true. So, if seeing you ugly is convenient to them, they will see you as ugly to satisfy their complexes and egos. That doesn't mean that's the reality. Don't you have a mirror? And why does every woman want to look like Aishwarya Rai and every man wants to look like Hritik Roshan? Why can't you accept yourself? Why can't you accept your life? **Why can't you accept your reality?**

Yes, I know some people don't have many pluses in their lives. But then they have lessons. If they can just accept the lessons and work towards their growth their lives will become much simpler. There is a reason for why your life is the way it is. Not accepting it, getting into complexes and hating those who have it won't change it. In fact, what it will do is give you the same next life, only a little worse for every harm you cause to others being added to the Karma. We have lessons so that we learn and grow up to the level of having everything. Those who have a lot have it because they have been growing lifetime after lifetime. Comparing with them and feeling bad about yourself won't get you their lives. But accepting your lessons and working on your limitations will definitely better your life.

I had a client who had an extremely difficult life. He had turned hateful towards everyone. He would curse and find evil in everyone, always concluding that they don't deserve anything good in their lives. Then I explained the same thing to him, to my surprise, this struck with him instantly and his approach towards his life instantly changed. He asked me to make a list of all of his lessons based on his psychology and horoscope. I did that. Then he asked me to teach him to create prayers, I did that too. He came back to me after six months as a completely different person. I did his horoscope and psychic reading again. The lessons that were supposed to continue till his next lifetime, he had learnt them too. His horoscope reading obviously remained the same, but the psychic reading had changed completely. His destiny was being rewritten. This man, with his intense and instant transformations had confused Gods as well. He used his freewill to better himself. He used all of his strength and power to learn the lessons. Obviously, learning hundreds of lessons in a span of six months took a toll on him. But he never gave up. In psychic reading I was informed by Goddess Fate that he had to make a choice, die and restart a new life. Live and decide what he wants in this life. He obviously chose living and decided to have money. He didn't become the richest man of the country but became rich enough to buy an apartment in Jubilee Hills. He became rich enough to have a comfortable life. He knew he wouldn't get it all. He accepted that. He channelled all of his energy into making money and enjoying money. This was the only time I saw destiny completely changing. But he had to learn the lessons. He had to accept his current life. And he had to stop comparing his life with others to even begin learning the lessons.

If you notice, everything boils down to accepting your lessons and working on your limitations. In order to do that, you need to first know yourself.

The best way to know yourself is to start observing your needs and your fears. Some needs stem from lack, while other stem from comparison. But most importantly, accept that no one can have it all. Choose what your soul truly wants. Understand your lessons. You can know the lessons when you see what is being

repeated in your life. Things keep repeating unless the lesson is learnt. See what is repeatedly happening. Some people find feel-good factor even in lessons. "I am too innocent" is not a lesson. The lesson will be where you are the villain in the story. Therefore, I request you to discard all that which makes you feel like an angel. But also discard that makes you hate yourself. Feeling embarrassed or disgusted with oneself is normal in lessons, hatred is not. If you feel good about yourself, it's coming from ego and if it makes you hate yourself it is coming from fear. Lesson is realised in the conscience. You will feel responsible when you realise what the Gods were trying to teach.

When a people-pleaser over does for others and say, "I gave so much and received only betrayals in return. I am so good, people don't deserve me", they are talking from ego. They didn't over give out of kindness. Giving is never "over" when given from the space of love. It's always at the appropriate level. Giving becomes over only when psychological games are at play. You are giving overly to make the other person dependent on you, like you, want you and be with you. People betray people-pleasers because people-pleasers begin with manipulation. It is not out of care that they overdo, it is to entangle and bind the other person. This is the reality. People pleasers are using others a lot more than others are using them. They serve out the whole platter saying they are offering selflessly, and when people come, eat and leave, they accuse them of exploitation. People pleasers are one of the most deceptive and exploitative breeds in humankind. They do a lot of wrong; in order to please people, they never take a stand and end up supporting the wrong. The only option here is to accept our core intentions and change them.

Only when you discover your true self can you know what to do with it. In this case, only when someone accepts that their people pleasing is an act of manipulation can they break out of the cycle of over-giving and exhausting themselves in doing so.

Once the true intention or the driving force is discovered one needs to break it. People pleasers need to stop seeking validation or whatever it is they need from others.

If I am not physically that attractive, but I am good at spirituality, rather than sulking over not having great looks, I would channel all of my energies in enhancing my spiritual skills. I will keep learning and keep practicing, while trying to do as much as I can for the appearance, like treating pimples, or losing weight, dressing up well, etc. But I won't complain about not being generically beautiful. I will accept that it is not written for me in this lifetime. Then, I will try to figure out why it isn't written. And what all changes do I need to make in myself so that it gets written in the next lifetime. Physical appearance is the easiest and quickest way to public acknowledgement, attention and validation. If it has not been given to you, be rest assured one of your biggest lessons is in finding confidence without it. Once your attractiveness is not dependent on physical appearance (in other words your inner personality grows stronger), your exterior starts reflecting it which is then seen in the next lifetime. There are many good-looking people who when open their mouths are laughed at. They become memes or laughing stocks. This is because the outer beauty has been given so much of importance that people don't find the need to work on their inner personalities after receiving it. Trust me when I say this, they will be born not so good-looking in their next lives as their lessons will begin again. Human life requires constant growth. Stagnancy only takes the life's gear in the reverse. Don't get trapped in the cycle, break out of it. Keep learning lessons, keep growing and eventually you will get everything.

Sometimes, needs are assumed. As I said earlier, an exceptionally beautiful girl is complexed about her physical appearance. This is assumed lack. Funnily, most lacks (needs) are assumed. People assume because they are either gaslighted a lot (again, they allowed gaslighting because they were seeking validation) or they are themselves comparing with other people. Finding out your needs and fulfilling it within yourself ends all the cycles and patterns of toxicity.

You need money, then make money. But be content with your growth. Don't start hate bashing Isha Ambani for wearing 300 crores worth of jewellery to MET Gala. God decided she deserves it, she has it, she is owning it.

You need beauty, then become the best version of yourself. But then accept yourself. Love yourself. Beauty is indeed in the eyes of the beholder. But also, stick to the realty, be like B from the example, not X. Do the best you can and find happiness in what you have.

You need validation, know yourself. Accept yourself. Work on enhancing your skills. Be better than yesterday, each day, every day. Appreciate yourself for your daily growths. There, that's your validation.

Most of our choices in life are either made out of fear or need. With the examples I have given you, and if you just start observing the results of the decisions you took out of need, you will realise the end result is never the need being fulfilled. I know it sounds unfair, before healing even I used to curse Gods calling this the stupidest law ever. I used to fight and argue with them all the time saying how can I not feel hungry if I am deprived of food. I thought their law expected my stomach to create food on its own within my system. But firstly, that was my misunderstanding of the law. They weren't expecting my stomach to generate food within the system, they were asking me to learn to cook and remember to feed myself on time. But still, someone who is craving romantic love, basically born with the hunger for it, is being constantly denied of it and expected to generate it within herself. The more I was denied of it, the more I craved it and stupider I got with my choice in men. What started as hunger soon turned into an ego battle with Gods, which I obviously lost. I didn't know what self-love was, which is why I was wanting others to love me because I wasn't able to love myself. But finally, I did. After two major, massive and back-to-back mind-blowing in a negative way heartbreaks that left me numb I finally learnt the real meaning of self-love. It simply meant self-prioritisation, which required valuing myself which required knowing why I didn't value myself. Turns out I didn't value myself because I thought I was dumb for the world, in other words, not worthy as a human being. Inculcating street smartness hit two targets with one arrow. The moment I became street smart and gained earthly intelligence (it was all there inside, just needed to be unlocked) I also started valuing myself. I started saying no, creating stronger boundaries and well, was filled with self-love and self-respect. Of course, a lot of different kind of prayers revolving around the subjects also were read and it took months to bring about the transformation, but it did. I understand if you feel frustrated about the concept, because even I did. But the need we see consciously is never truly the core need. Initially I thought the fear of loneliness was the problem, but assuming I wasn't street smart was the problem. Actually, that was also not the core. The core was assuming manipulations and shrewdness was intelligence and I didn't have it was the problem. Turns out, shrewdness and manipulation are not earthly intelligence and street smartness, understanding when someone is manipulating you and giving back to them is. If you are able to get the right answers to your problems healing it doesn't take more than days. It is the digging process that takes time. Mental excavation is even more time consuming when you are doing it on your own. I would suggest you go to a trained psychologist for the same. But please find the good ones, there are many good ones out there.

Fear of loneliness is the core for most of our problems, finding out what needs are causing it takes the real digging into the minds. Most therapists end there. In my practice I noticed that leaving it there was not solving the problem. Neither mine nor my clients'. That is when I discovered the hidden "need" behind every "fear". Every fear I came across was always caused and fuelled by a need. Fear of death also stems from the need to survive. The fear won't go away unless the need is removed. Nor will we keep taking wrong decisions and making wrong choices until we remove the need.

I will give you one last example of a very close friend of mine. She had been complaining of her in-laws for as long as she was married. When I entered her life, I saw that in-laws were not the problem, I mean yes, they were narcissists, but the problem was in her weak-people-pleasing husband. He would do everything that she wanted and also everything that his parents wanted. Even when he wasn't ill-intentioned, he was a bigger culprit due to his weaknesses. The solution was for her to leave him. She reached a stage where she was manifesting a better partner while being married and suddenly one day she slipped into depression and decided she was too much in love with her husband and he was perfect for her. Obviously, she distanced herself from me, which is understandable. However, what she chose was firstly comfort. Secondly, she loved the lifestyle he brought in and most importantly that he was controllable. Unconsciously she knew she wasn't functioning from love and power, so finding a truly powerful man

wasn't going to be possible. She was delusionally happy where she was. I have no idea what happened later as we aren't in touch anymore. But this is choosing stagnancy and putting on blinders. What God wants is for us to gain independence, become truly powerful within so that we stop choosing from need and start choosing from abundance.

When we choose from abundance, we get a partner with whom we create power, love, happiness, money, joy, fun and success on daily basis. We aren't with them because it is comfortable or stable, but because it is truly fun to be with them and create with them.

Two weak and needy people can only create toxic-codependent relationships and entangle themselves in a cycle of abuse.

I leave the decision to you,
to be truly powerful or live in stagnancy and comfort.

I will give you a start-up prayer. This will begin your journey to remove the fear of loneliness. But as the Gods start to remove your fears, they will start revealing the hidden needs driving your fears, decisions and choices. Be open to receiving the realisations and create right prayers to remove them as well.

Choose the Divine Beings of your choice.

"I call upon _____ for immediate, complete, absolute, permanent, irreversible and eternal manifestation of the following prayer.

I ask for all the thoughts, feelings, emotions, energies, memories, imprints, traces, experiences, fears, ideas, beliefs, patterns, habits, loops, cycles, curses, spells, codings, programmings and inscriptions of loneliness, abandonment, emptiness, disconnection and exclusion to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed, from the point of creation, from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the fear of loneliness, fear of abandonment, fear of losing people, fear of detachment, fear of disconnection and the fear of being left alone to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed, from the point of creation, from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my need for money, need for love and need for validation to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed, from the point of creation, from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for thoughts, feelings, emotions and energies of mental, intellectual, emotional, monetary, creative and materialistic self-sufficiency to be immediately, completely, absolutely, permanently, irreversibly and eternally instilled, ingrained, flooded, filled, activated, energised, strengthened, empowered and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

It is done. It is done. It is done. Thank you. Thank you. Thank you.”

Happy Independence

