



## Journal: Lesson 47

*Attachment to other people, circumstances, things, accomplishments, or viewpoints, is a distraction that pulls us away from being anchored in the soul's joy. Am I aware of having an attachment that pulls me away from the soul's joy? What is it?*

When I look deeply into it, what does that attachment serve? What holds it in place?

What would it be like to release that attachment?

Am I *willing* to renounce that attachment?

How might my focus on my higher purpose help me renounce what is not useful and enjoy life more?