



LETTING GO

- To “let go” does not mean to stop caring, ...it means I cannot do it for someone else.
- To “let go” is not to cut myself off, ...It is the realization I can't control another.
- To “let go” is not to enable, ...but to allow learning from natural consequences.
- To “let go” is to admit powerlessness, ...which means the outcome is not in my hands.
- To “let go” is not to try to change or blame another, ...it is to make the most of myself.
- To “let go” is not to care for, ...but to care about.
- To “let go” is not to fix, ...but to be supportive.
- To “let go” is not to judge, ...but to allow another to be a human being.
- To “let go” is not to be in the middle of arranging the outcomes, ...but to allow others to affect their own destinies.
- To “let go” is not to be protective, ...it is to permit another to face reality.
- To “let go” is not to deny, ...but to accept
- To “let go” is not to nag, scold or argue, ...but instead to search out my own shortcomings and correct them.
- To “let go” is not to adjust everything to my desires, ...but to take each day as it comes and cherish myself in it.
- To “let go” is not to criticize and regulate anybody, ...but to try to become what I dream I can be.
- To “let go” is not to regret the past, ...but to grow and live of the future.
- To “let go” is to fear less, ...and love more.

Let Go of Everything

If you have the courage to let go of everything, while practicing the art and science of stillness, you might get a sense or an intimation of what the experience of someone like the Buddha may have been like when he was sitting in deep meditation. But you have to authentically do it. Give yourself the freedom to imagine what it would be like to let go of absolutely everything—to have no desire left for anything other than utter and unconditional release.

~ Andrew Cohen

