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# Kindred Spirit Café

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TEA TIME TALKS

# Letting Go



# What does “letting go” really mean?



Releasing our fixation on things and having enough faith that we will get the things we need to survive in this world... and maybe even be happy

**Attachment is a mental and emotional fixation on something we think we need or want**

## **ATTACHMENT**

We get attached to things like people, views, outcomes, or material possessions.

## **WHY DO WE GET SO ATTACHED?**

The reason we get attached to them is that we're afraid we'll lose them, and therefore, we'll be unhappy, or we may even think we won't survive.

## **PLEASURE AND GRATIFICATION VS. HAPPINESS**

Many of us confuse sensual pleasure, or emotional gratification, with happiness. They are not the same. True happiness comes from freedom from suffering, not sensual pleasure. Yet our society teaches us that if we achieve or acquire things that bring us pleasure, THEN we will be happy.

## **FINDING FREEDOM**

Until we learn how to find freedom from our suffering, we will continue to get attached to things that bring us sensual pleasure or emotional gratification.

We get attached to certain things we like and expect them to remain that way... which will always lead to disappointment



# Why is letting go so hard?

## **WE ROMANTICIZE HOLDING ON**

We romanticize it in our literature, music, art, and films. There is something romantic about holding on to someone we love.

## **FEAR**

We're afraid of what will happen to us if we lose something that we depend on for our survival or happiness.

## **IT'S A HABIT**

Our behaviors are so deeply ingrained in us that we just hold on to things without even realizing it. In addition, we're afraid to look at ourselves because we may not like what we see.

## **IT'S PART OF OUR SELF-IDENTITY**

Our self-identity tends to get wrapped up with and associated with the things we have. A nice family, house, car, and other material possessions project an image of who we are.

## **ADDICTED TO DRAMA**

Some of us enjoy dwelling in our emotions. We certainly like positive emotions. But even negative emotions can get us attention, which also brings us pleasure.

When we let go,  
we create space  
for new things  
to come into  
our lives



# Benefits of Letting Go

## **FREEDOM**

When we learn to let go, we can be free of the sources of our pain and suffering that are holding us back.

We often hang on to things that are no longer serving us. Maybe at one time we were benefiting from a relationship, but often when people grow, they grow apart.

## **BETTER RELATIONSHIPS**

A healthy relationship is one where both partners have the freedom to be who they are. Those who hold on to their partners too tightly don't allow them to be free.

## **CONTINUED PERSONAL GROWTH**

If we hold on to something, we can't move forward. We cannot grow emotionally if we hold on to something we think brings us happiness. If we keep holding on to things around us, then we will remain stuck.

Life is a balance between  
holding on and letting go. - Rumi

# Learning How to Let Go

It is up to us  
to take  
responsibility for  
our own happiness



## **STOP BLAMING OTHERS**

We often blame others for our misfortunes - we feel we're the victim of others' injustices and abuses. While this may indeed be the case, we cannot waste our lives waiting for other people to repair the harm they did to us.

## **MAKE A DECISION TO LET GO**

We often say we want to change something in our life, but make a half-hearted effort. If you really want to make a change in your life, then you have to get serious about it.

## **TRUST THAT YOU WILL BE OK**

One of the reasons we hold on to things is that we think we need them to survive. Remember, letting go is the release of our mental and emotional fixation on something. Remember that that many other people have gone through the same. You are not alone.

## **LEARN THE LESSON AND MOVE ON**

Life is a series of experiences that are meant to teach us important lessons. When we refuse to let go of something, it is because we refuse to see what life is trying to teach us. As a result, we feel stuck. Ask yourself, "what can I learn from this experience?"

## **MEDIATATE**

When we calm our mind, everything naturally becomes clearer. The fewer unnecessary thoughts we have in our mind, the easier it is to process more purposeful thoughts.

# Let It Go

Is there  
something that is  
keeping you  
bound and from  
being free?

Is there  
something you  
need to let go of?



# THANK YOU FOR COMING

## JOIN US NEXT TIME

...at the Kindred Spirit Café



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