



Letting go:

What it is and how to reconnect with the saying?

Letting go is a state of mind of openness to what happens in your life. It is also the initial state of each human being. Every human is born with this openness. At a very young age, the child learns to modulate his choices and actions in terms of his experiences and forget this natural state of mind. By cultivating an observational space of our experience, naturally a detachment happens which leaves the necessary distance for the letting go to emerge. We suggest you read this tool at your rhythm and according to your interests which will permit you to take a step back from your day-to-day.

Meditation, contact with nature, breathing exercises or taking a bath are examples of activités that can help us take this step back.

"Letting go is accepting the present moment unconditionally and with no reserve. It is renouncing the interior resistance with what it is."

- Eckhart Tolle

"The fear of the unknown goes well with the urge to control everything (or almost)."

- Christophe André

" Letting go is what you are and not what you do; It is the profound nature of what we are. "

- Rupert Spira

Representation of letting go with the fence metaphor



On one side of the fence; the situation experienced

On this side the events are perceived with a narrowed vision of the reality. As seen from here, it seems impossible to see things differently just as if a fence obstructed our vision. Living on this side of the fence brings lots of effort and suffering.



The fence: the resistances

The aspects of how we operate prevent us from letting go. These aspects come from what we have learned and what we believe. Every person has beliefs, opinions and different knowledge based on their experience, their culture and their education. Sometimes, these aspects are not conscious or chosen, but influence our moves and actions. By unraveling our resistance, our beliefs and our destructive thoughts, we cross the fence: we let go.



On the other side of the fence: the benefits of letting go

When you cross the fence by letting go of what you believe, you have access to welcome what is. You also allow it to transform and to act. A new world is in front of you.



The situation experienced

- feeling of powerlessness
- feeling of turning around
- fears
- guilt
- feeling of never doing enough
- ect.

The resistances

- the perceptions of sadness, anger, nostalgia, tiredness are negatives states of being
- self judgement
- thinking that letting go is giving up and will not bring change
- self demands and expectations, or towards others
- ect.

The benefits

- discovering who we are
- diminish of stress
- seeing the situation more clearly
- finding new creatives possibilities
- changing our functioning like our beliefs and our harmful relationships
- ect.

Reconnecting with letting go, *one step at a time*

1st
step

Becoming aware of the situation

Here are some clues to identify a situation of resistance:

- the presence of frustration, impatience, irritability
- the recurrence of the situation
- thoughts that contain self judgment or judgment of others
- imaginary mental scenarios or projections
- a dramatic or fatalistic perception of the situation (feeling like a victim or having the impression to be in a dead end.
- the relational model that suggests the roles of winner and loser.

4th
step

Letting go

It is the click, the valve that releases the tension.

When the letting go is there :

- Expectations, goals or specific outcomes dissipate, but the commitment to oneself and one's needs remain;
- A state of openness to discover the outcome of the situation emerges
- Present emotions are no longer dramatic or overwhelming;
- The internal tensions are released, there is one less weight;
- It is possible to act without burden, i.e. without guilt or reproaches.

2nd
step

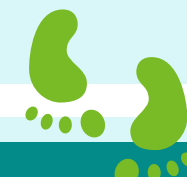
Describing clearly and with simple words the situation

Describing in 3 steps :

- **The facts** - what I see
- **The thoughts** - what is in my head
- **The emotions** - what it makes me feel

The thoughts are often made or beliefs learned that bring suffering, struggle and resistance. These thoughts are powered by fears; it may then be difficult to take a step back.

Describing the situation with simple words lets us observe the mechanics of our functioning and it lets us detach from it.

3rd
step

Opening and welcoming

Accepting the thoughts we have are not who we are. Observing and describing the situation like an outside fact, allows a new space, a white page. So, instead of looking for a solution or looking to keep control, we can turn to ourselves and observe the feelings it brings. This situation may be uncomfortable or even vulnerable. Welcoming this vulnerability, staying curious and caring towards ourselves helps getting to the heart of the matter which prevents the letting go.

- What emotions are present when I accept not to know?
- What thoughts prevent me from letting go?

Every process is unique

A UNIQUE RHYTHM : it may take 1 second, 1 hour, 1 month, 1 year, ect.

UNIQUE NEEDS : the need to be lonely or surrounded, to be calm or to move, ect

UNIQUE PATHS : the steps are not linear, some back and forth are possible.

Example of a letting go processus

"I know my child better than anyone, I know what makes him anxious and what calms him. I know what he doesn't like or what rebounds him. I can't help myself, I want to spare him the difficulties, the sadness. I am scared that he will get disorganized without me. The truth is that I am tired, tired of watching over everything. For the last few days, I don't think I will be able to continue, but how will I do it? I don't know. Even if this question scares me, I tolerate his presence. I cried and screamed. Slowly, I accept that I need a change. I don't know which change but it helps me to think of the possibility. Just thinking about it makes me calmer and I feel like talking to someone about it. I am suprised, never did I think I cour talk about the situation because I felt so guilty. Now, I feel as is I can have boundaries."