

Letting go of something in the past may not be easy, but it always starts with a decision

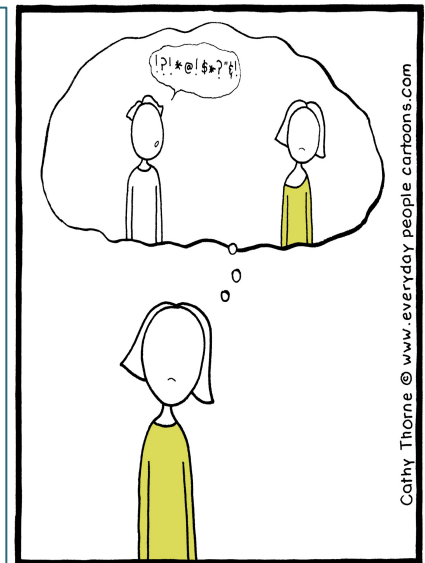
*"Holding on is believing that there's only a past; letting go is knowing that there's a future."*

~Daphne Rose Kingma

TW

Can anyone mention the idea of letting go without singing a well-known kids song that has infiltrated our world this year? I've got 2 toddlers, and unfortunately, I do actually burst into this song while trying to teach them to share or get over some minor offense. I could probably write an entire page of my vacillating feelings for the message of this song, but I think the message the composers want kids to take with them is that harboring negative thoughts and feelings only hurts self and others and that being faithful to ones true self and sharing in genuine relationship with others is the best and healthiest gift we can give one another.

JV



I CAN'T REMEMBER WHAT I HAD FOR BREAKFAST, BUT I CAN REMEMBER A SNIDE REMARK FROM TEN YEARS AGO.

LOVE IS LETTING GO OF FEAR, by Dr. Gerald G. Jampolsky, is a valuable book designed to help us to let go of the past, focus on the present and move with assurance into the future. This book is broken down into 12 lessons, some of which are *All That I Give I Give to Myself*, *I Am Never Upset for the Reason I Think*, *I Am Not the Victim of the World I See and I Could See Peace Instead of This*. The overall message of this easy and wonderful read is that we are only restricted by the limitations we place on ourselves. Recognizing that the true nature of our identities is love, each lesson encourages the reader to release the thoughts that bind us and to replace fear, doubt and negativity with optimism, joy and love.

CR

Jon Kabat-Zinn does an excellent job of describing "letting go" in his book *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*:

*"Letting go means just what it says. It's an invitation to cease clinging to anything—whether it be an idea, a thing, an event, a particular time, or view, or desire. It is a conscious decision to release with full acceptance into the stream of present moments as they are unfolding."* (p. 53)

To me, letting go is acceptance, giving up control, and being OK with uncertainty. In fact, learning to let go is a key component of the cognitive behavioral therapy I do with clients who have OCD and anxiety disorders. When we cling to having to have things be a certain way, anxiety rules. It's when we let go and accept things as they are, in all their glorious uncertainty, that we finally become free.

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