

Letting go

Recently I had a pain in my lower back, and when I let myself think about it, it became a pain in my entire body, getting bigger and bigger.

Or maybe recently somebody in your class looked at you in a strange way, you may have thought “they do not like you”. You start have an imaginary conversation in your head and before you know it, you have prepared 15 different insults and ways of ignoring that person

Or maybe there are exams coming up. You start thinking about the exams, you get worried, and next you are stressed. As a result you may found it difficult to sleep, you may become moody or disengage altogether.

These are all examples of circling thoughts. Thoughts start off small, and when we think about them they get bigger, and when we think about them even more they get even bigger still.

Are these circling thoughts of any value? Do they bring greater understanding? Do they make you happy? Do they bring peace into your heart?

So how do we let go of these circling thoughts and feelings?

Consider the new cars out at the moment which have this self-parking ability. You press a button telling the car you want to park. You drive along the road with sensors looking for a free space which is the right size. When it finds a space it beeps to let you know. At this moment something else has to happen. You now have to press a button to hand over control of the car, and take your hands off the steering wheel.

You let go.

When we let go our thoughts and feelings, we connect with a deeper aspect of our being. Like the quote from Shakespeare’s Hamlet “To be or not to be”, we have a choice.

We can continue with more circling thoughts. Or we can bring depth of being into every thought, feeling or sensation. Or another way of looking at this, do we live by just human doing, or by human being.

The technique of meditation is about letting go, letting go of all thoughts, feelings and sensations that pass through us.

It does not mean pushing thoughts and feelings away, it just means letting them go.

And this can be challenging.

So we use an anchor or a point to which we can give our attention. We can use one of the senses or in meditation the sound of mantra to help us let go.

And so the challenge for this week is to ask yourself the question:

Can you let go?