

We were a small group tonight, but we gathered in deep love and fellowship. We began with a round of check-ins during which several expressed the challenges of working through ongoing grief in their lives. A companion who could not be with us sent in this brief reading as something that clearly spoke to her condition.

Letting Go

*Let go of the ways you thought life
would unfold: the holding of plans
or dreams or expectations - Let it
all go. Save your strength to swim
with the tide. The choice to fight
what is here before you now will
only result in struggle, fear, and
desperate attempts to flee from the
very energy you long for. Let go.
Let it all go and flow with the grace
that washes through your days whether
you receive it gently or with all your
quills raised to defend against invaders.
Take this on faith: the mind may never
find the explanations that it seeks, but
you will move forward nonetheless.
Let go, and the wave's crests will carry
you to unknown shores, beyond your
wildest dreams or destinations. Let it
all go and find the place of rest and
peace, and certain transformation.*

- Danna Faulds, *Poems From The Heart Of Yoga*, 2002

Many of us find letting go extremely difficult. We can say we have let go of a burden, may even truly believe that we have, and yet insidiously the burden comes back almost as if there were an independent force behind it. Perhaps rather than "letting go" - as in making it go away - we should think of "letting be" or gently holding or observing the burden without allowing it to take control of us. This could give us the spiritual space for discernment as we grapple with these challenges. Is it o.k. to completely let go, wash our hands of it and walk away? If not, what responsibilities result from owning the burden? Does a path for dealing with the burden open before us? In this way, with some situations, letting go may paradoxically end up providing us with an action plan! We had much laughter as we considered our own human attempts at letting go and we ended grateful for the wonderful companionship we had this evening. Our next meeting will be on Monday, September 12, 2016.

Peace,
Randy