

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