

# THE ART OF 'LETTING GO'

– Manasi Taneja, Indore

**I**t's time for me to stop being so afraid. It's time for me to let go of the past. What happened? It doesn't matter how many times I go over it in my head, think about what I should've done. It's too late. It's not going to change anything. I can't change the past, but I can better shape my future.

– Anonymous

The more open our hearts are, the stronger we are and the stronger we are, the greater our possibilities for forgiveness. At times things around leave us with pain, and in these little hearts lies the fire which transmutes and burns up our grief and we loosen the influence of our external pressures, and 'let go' what isn't a part of our happiness.

The art of 'letting go' is not easy. As adults 'letting go' leaves us feeling either empty or full, at times both these feelings can occur simultaneously. But finally we are free, unburdened, healed, happy and even joyous. As I said, it is not easy, it is indeed very difficult, a very complex concept. There are three facets, parts, aspects or ways in which we can 'let go'

anything. 'LETTING GO' in the physical realm is casting away negative environment, and purging away with the cluttered negatives can be truly liberating. Letting go bad habits, addictions, extra body weight or freeing ourselves from the wanton materialistic things.

The next aspect is THE PSYCHOLOGICAL. It is just like throwing away all that is useless from a place, where it is not required and which just spoils the beauty of it. Similarly, there are unpleasant emotions like anger, fear, distrust, jealousy, hate and envy which arise when psychological needs arise and these emotions surge up to satisfy that need. Why do these negative emotions arise? At times you cling to something for you need it and the snap irritates you. I remember a college friend of mine who got stuck in a negative, parasitic relation. Her so-called friend had her own whims and fancies and when we would be enjoying this girl had to stay with her, listen to all her sweet demands. We all could never understand why she gave in to this girl always.

This friend of mine was a very soft natured girl, who would not even speak loudly, argue or fight for herself. This is what I understood then. Years passed, and as I grew, I observed there were people who would try to overpower, use you for their own benefits and so on. Well, all this goes with the psyche of the people all around us and definitely we cannot generalize anything. But yes, if 'hurting others is a sin, allowing yourself to be hurt is a bigger sin.' God of Bhagavat Gita too says the same thing as He (God) commands us to refrain not only from hurting others, BUT ALSO FROM TAKING HURT FROM OTHERS, and calls such ones "dear to Him." यस्मान्नोद्विजते लोको लोकोन्नोद्विजते च यः । हर्षमिर्षभयोदवेगैर्मुक्तो यः स च मे प्रियः

[I love that devotee of mine who neither causes sorrow to anyone, nor is himself distressed by others and who is beyond such feelings as happiness, sorrow, fear and stress.]

(Srimad Bhagwad Gita; 12:15)

So 'let go', let not your soft nature be taken for granted. Let not any negative emotion harm your psyche.

Now coming over to the third, i.e., THE SPIRITUAL ASPECT, as seen most spiritual advisors argue that happiness

---

and joy are the natural state of us souls. See how things move, the material affects the psychological and the psychological affects the spiritual. If anything or anybody fills us with any negative emotion like anger, jealousy or greed, we definitely remain unhappy for we go against our true nature and that is the worst scenario when we act against our own nature. Hence 'let go' of that karma, just let go for the 'ultimate purge'!

But the question is: how to go about? Take small steps; begin with something very small. Something from your daily life, remove things which have not been of use for years. Don't accumulate material items that aren't needed any more. Drop those motivations which don't help your internal dreams to come true, for at times they are just external pressures. And they may bring about frustration, fear and anger since this is what you actually never wanted. Once you start 'letting go' of all that you don't need, you will start loving all—no jealousy, no anger, no frustration, no desire...and so now there will be fewer obstructions in your Spiritual Path! As you 'let go', 'letting in' will automatically start.

## HOW A FATHER'S WILL CHANGED A LIFE!

– Rajbala Singh, Mumbai

Once a father willed his son, "Before you get gravitated to gambling, go and look at some defeated gambler, whenever you feel like taking to alcoholic drinks, look at some drunken boozier and if ever the tangible pleasure of prostitution lures you, go to some prostitute early in the morning." The son did not pay heed to these words and the days passed on.

The fateful day came when his father passed away and he inherited all his huge wealth and as the saying goes that opulence is a big spoiler, he took a fancy to doubling his wealth by gambling. When he was on his way to casino, the advice of his father reverberated in his mind: to have a look at some defeated gambler before gambling. On reaching the casino, he saw a gambler who was so distraught and distressed on losing his entire money that he had lost all his senses. This sight of the gambler made him envisage his condition also on losing his wealth, so he thwarted the thought of gambling and turned back.

After sometime, the realization of his sickness drove him to go for drinks; hence following this urge, he headed towards a bar but again he recalled the words of wisdom of his deceased father to "go and see some drunken boozier before succumbing to this addictive pleasure" and before he could step into the bar, his eyes were caught by the deplorable sight when a dog was peeing on a person in a drunken stupor. It warned him of the repercussions of alcohol so he went back home.

The years rolled on and once again the temptation for prostitution gripped him but while he was lost in fancying about it, the last words of his departed father echoed in his mind, "if ever you get infatuated with some prostitute, go to her early in the morning", so he went to bed, woke up early next morning, rushed to a brothel and knocked at the door. To his utter dismay, he found that the prostitute who opened the door, looked horribly shabby with her mouth stinking badly and revealing a shoddy look with her night make-up all spoilt by that time. He was shocked to see the reality of the beauty that was so much talked about in the city; therefore he preferred to go back. Now, he could comprehend the teachings of his father very well. He offered his gratitude to his father for protecting him from sinful acts which could lead him to disaster and treasured the precious words of his father in his heart forever.