

Letting Go

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Chalice Lighting

In pursuit of knowledge, every day something is added.
In the practice of the Tao, every day something is dropped.
Less and less do you need to force things,
Until finally you arrive at non-action.
When nothing is done, nothing is left undone.
True mastery can be gained by letting things go their own way.
It can't be gained by interfering.
~ Tao Te Ching, Chapter 48

Check-In: What's going on in your life?

Readings:

- If you surrender completely to the moments as they pass, you live more richly those moments.
~ Anne Morrow Lindbergh
- When we cast into the depths, to survive, we must first let go of the things that will not save us. Then we must reach out for the things that can.
~ Rev. Forrest Church
- We must be willing to let go of the life we have planned, so as to accept the life that is waiting for us.
~ Joseph Campbell
- Every day brings a choice: to practice stress or to practice peace.
~ Joan Borysenko

Questions:

1. What spoke to you (or didn't speak to you) from the readings?
2. Have you started the spiritual practice yet? How is it going for you?
3. When have you held on to feelings of anger or frustration? When have you let go?
4. What is the difference between "doing your duty" and "being yourself"?
5. What have you let go of in your life? What might you need to let go of?
6. Have you had a time when it was difficult to let go of something or someone?

Check-Out: One sentence on "likes and wishes" from the session.

Closing:

I am not ready to die,
But I am learning to trust death
As I have trusted life.
I am moving
Toward a new freedom
Born of detachment,
And a sweeter grace—
Learning to let go.

~ May Sarton, from *Gestalt at Sixty*

Spiritual Practice - LETTING GO

The author Marie Kondo challenges people to declutter their homes where anything that doesn't "spark joy" is touched, thanked and ceremoniously let go of. De-clutter one space in your life - any sized space, from an entire room to a desk drawer. The practice can be very liberating and joyful. To read more about this approach, see: <http://tinyurl.com/lettinggo2015>.