

Train Your Brain

LETTING GO: *Selected Quotations*

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If you let go a little, you will have a little happiness. If you let go a lot, you will have a lot of happiness. And if you let go completely, you will be completely happy. – Ajahn Chah

Do what you can, with what you've been given, in the place where you are, with the time that you have. – South African boy who died of AIDS at about age 12

Anything less than a contemplative perspective on life is an almost certain program for unhappiness. – Father Thomas Keating

Walking the great walk/Letting go of attachments/I am coming home. – Jerry Freedman

People are not disturbed by events, but by the views they take of them. – Epictetus

Life is fragile, like the dew hanging delicately on the grass, crystal drops that will be carried away on the first morning breeze. – Dilgo Khyentse Rinpoche

Time held me green and dying/Though I sang in my chains like the sea. – Dylan Thomas

Don't worry. Be happy. Make efforts. – Meher Baba

To study the way is to study the self. To study the self is to forget the self. To forget the self is to be enlightened by all things. – Dogen

With dewdrops dripping/I wish somehow I could wash/this perishing world - Basho

In the deepest forms of insight, we see that things change so quickly that we can't hold onto anything, and eventually the mind lets go of clinging. Letting go brings equanimity. The greater the letting go, the deeper the equanimity. In Buddhist practice, we work to expand the range of life experiences in which we are free. – U Pandita

Liberation happens through non-clinging. The first step is using the power of concentration to begin seeing all the different places of attachment, identification, and fixation of mind. – Joseph Goldstein

The heart of the path is so simple. No need for long explanations. Give up clinging to love and hate, just rest with things as they are. That is all I do in my own practice.

Do not try to become anything. Do not make yourself into anything. Do not be a meditator. Do not become enlightened. When you sit, let it be. When you walk, let it be. Grasp at nothing. Resist nothing.

There are dozens of meditation techniques to develop Samadhi and many kinds of vipassana. But it all comes back to this — just let it all be. Step over here where it is cool, out of the battle.

Why not give it a try? Do you dare? - Ajahn Chah

