

Jonathan Parker's
The Secret of Letting Go

Session 3
Study Guide

Mindfulness, Letting Go & Living in the Flow

Day Three Overview

Mindfulness may not usually be thought of as a method of letting go, but it certainly is. When you cease to energize something with judgments and merely observe, you become involved with all of the goodness of life and become one with the flow of life.

Problems are no longer seen as problems, but are opportunities to expand your understanding of life and others. Each situation then becomes an opportunity to practice living a higher life of freedom

For most people, life consists of a series of stories, beliefs, and conclusions repeated over and over.

When you shift into being the observer of your life, you'll notice that you become more interested, amused, and in a state of wonderment by just about everything that happens. Each experience reveals itself to you for what it offers, rather than what you project onto it.

Often the unfortunate occurrences of life lead to our greater good. When you observe life and trust the flow you live in peace.

The underlying mechanism that causes unhappiness is either judging ourselves, others, or the conditions and circumstances of life. The reason the mind does this is our judgments are defense mechanisms.

The ego driven mind needs to do this to feel safe; which is it's primary concern. The ego is basically a survival mechanism trying to keep us safe. It tries to evaluate the potential threat level of every person and circumstance, so it forms judgments, conclusions, and beliefs about everything.

When you cease to energize something with your judgments, you are in the flow and experience happiness and peace. In fact, letting go of all judgments, and fixed opinions, effectively lets go of the ego. Problems are not seen as problems, but are opportunities to expand your understanding of others and life.

As long as you cling to a need for anger, guilt, hatred, blame, criticism, and other judgments, as well as fixed beliefs and unbending positions, you can never know true inner peace and happiness.

The way we perceive reality is interpretive and there is no single definitive truth.

When you are fixated on your perspectives, conclusions, and beliefs you are confined by their positions which hold you in separation from deeper truths.

Peace only comes when we let go of fighting and release attachments to our perceptions and judgments about what we think is important and valuable. It is not sufficient to repress our thoughts and feelings about what we think we have to have; we need to let go of the hold they have on us.

As you release strong opinions, conclusions, and beliefs, you come to harmonize yourself with life, and you are free as never before to unfold your soul and true self within.

Mindfulness Exercises

1. This mindful exercise is designed to open your ears in a non-judgmental way. Mindful listening helps us leave the past where it is and come into a neutral, present awareness.

Select a new piece of music from your music collection, something you've never heard before but makes you wonder what it might sound like. (If you don't have any music on hand that you've never listened to before, go to YouTube, or turn on the radio and turn the dial until something catches your interest.)

Close your eyes and use headphones if you can. Don't think about the genre or the artist. Instead, allow yourself to get lost in the journey of sound for the duration of the song. Allow yourself to explore the intricacies of the music. Let your awareness climb inside the track and play among the sound waves.

The idea is to just listen and allow yourself to become fully entwined with what is being listened to without preconceptions or judgments of the genre, artist, lyrics, instrumentation or its origin.

This may be more challenging than you imagine, because you undoubtedly have opinions about what you like and don't like in music.

2. In this mindfulness exercise, all you have to do is notice five things in your day that typically go unnoticed and unappreciated. These could be things you hear, smell, feel or see.

For example, hear the birds in the trees, feel the texture of your clothing on your skin, smell the flowers outdoors, see the walls in your home. Be aware of the connections these things have with the world.

- Are you aware of how these things benefit your life and the lives of others?
- Have you ever noticed their finer, more intricate details?
- Have you thought about what life might be like without these things?
- Have you thought about how amazing these things are?
- Have you expressed gratitude for them?

Let your mind be creative and explore the wonder, impact, and possibilities these things have on your life. Allow yourself to fall awake into the world and fully experience moment without judgment.