

Letting Go: Key Points

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"Let go a little, you'll have a little happiness. Let go completely, you'll be completely happy."

Letting Go of Body Sensations

- Ordinary breathing, focusing on exhalation, intending to let go
- Diaphragm breathing.
- Breath of fire
- Heartmath: Breathing evenly through the heart with a positive emotion
- Scanning the body and releasing tension. Progressive relaxation.
- Using imagery to relax.

Letting Go of Thoughts

- Two fundamental errors of thought:
 - Overestimating the bad
 - Underestimating the good
- Systematically argue against errors of thought, on paper or in your mind
- Identify "sub-personalities" generating errors of thought; thank them for sharing, ask if they have anything new to say, and then tell them to shut up

Letting Go of Emotions

- As with any unpleasant experience, have compassion for yourself.
- As you release negative emotions, sense positive feelings replacing them, like security replacing fear, worth replacing shame/guilt, peacefulness replacing anger.
- Name the feeling, own it, and accept it. For bonus points, try to choose it.
- Imagine/sense the emotion leaving on the exhalation, or draining out of the body, or being released to the universe or even to God/the mysterious Divine.
- Use imagery, like standing in a cool mountain stream washing pain away.
- Sense the underlying softer, deeper, younger feelings, and then let them go.
- Venting safely, like writing letters you don't send, yelling, hitting something SAFE

Letting Go of Wants

- Same methods as with releasing emotions: Naming and accepting. Draining out of the body. Releasing via imagery. Sense the underlying, positive wants, and respond to them.
- Do a cost/benefit analysis, and choose what you really want.
- Reflect on the suffering that is embedded, that's inevitable, in most desires

Letting Go of Self

- Perspectives: The more we "self" experience - personalize it, identify with it, cling to it - the more we suffer: "no self, no problem." The degree of self varies; it's not an omnipresent fact; it's continually constructed. When self is minimal or absent, notice that it's not needed to function in life.
- Observe the activity of self and experiment with reducing it.

- When others are upset, see the ways it's not about you: They're on automatic; you're a bit player in their drama; they are already punishing themselves; you are separate, with good boundaries.
- Each day, take time to sense the fact of your interconnectedness with everything

In General

- Be the awareness of the experience, not the experience itself.
- Notice that all experiences change.
- Keep evoking positive feelings