

Living Consciously

Week 5 – Letting Be

Today!

Allowing and letting be

Sometimes bringing awareness to an unpleasant feeling will get rid of it altogether...

...but more often it will just weaken aversion and we still experience the unpleasant feelings...and then we react with further aversion!

So what do we do?



Allow and let be
without
attachment

Allowing and letting be

When experiencing an unpleasant feeling we have a choice, this choice will affect us both short-term and long-term

1st Choice

We automatically react with aversion – the need to get rid of the negative feelings, physical sensations, or thoughts

When we make this choice our mind and body forges the first link in a chain of reactions that will get us stuck in unwanted, painful emotional states

2nd Choice

As best we can, we intentionally allow the negative feelings, sensations and thoughts to be here, even though we probably won't like them

When we make this choice we take a significant and powerful step to direct the mind into a new direction – shifting our basic stance from “not wanting” to “opening”

2nd Choice

This choice allows the chain of habitual reactions to be broken at the first link. Our experience then moves forward in new directions and not down these old familiar routes:

- The self-blame of depression
- The terrors of anxiety
- The red haze of anger
- The exhaustion of stress

Holding unpleasantness in awareness and not reacting automatically and trying to get rid of them dissolves the suffering caused by the struggle to get rid of them

“To be at ease, we let go of the struggle of needing to make things different.”

“Allowing experience means simply allowing space for whatever is going on, rather than trying to create some other state.”

Mindfulness is not merely a good idea:

“ ‘Oh yes, I will just be more present in my life, and less judgmental, and everything will be better. Why didn’t that occur to me before?’.

While it might very well be a good idea to be more present and less judgmental, you won’t get very far with the idea alone.

In fact, that thought might just make you feel more inadequate or out of control.

It is a way of being, rather than merely a good idea or a clever technique, or a passing fad.”

Jon Kabat-Zinn (2011)

