
Inner Peace E-retreat: Day 1. Letting Go and Inner Peace

It was a simple human interest story in the back pages of a New York newspaper, but it really captured my imagination. A train pulls up at a subway platform at New York's Grand Central Station. A well-dressed woman exits the train. She realizes that she has only one glove, and the other is on the train. She can see it on the seat where she was sitting. But the doors of the train are closing. She realizes that she won't be able to get back on the train in time, so she shrugs her shoulders and throws the remaining glove back through the doors just before they close. The train pulls out of the station and the woman shuffles on with the crowds towards the escalators.

The article didn't say any more than that. I don't know what she was thinking. Maybe she thought that whoever found her glove might as well have both of them. Maybe it was an act of resignation. I don't know. But I think this is a wonderful metaphor for letting go. After spending so much energy trying not to lose things, gloves and relationships and beliefs, there come certain times when you just have to stretch your arm out and toss anything that is holding you back onto a moving train. And I love the fact that it's a glove. Once you have removed both gloves, your hands are free to let go of all sorts of things.

Practice- Transforming Loss

Make a list with two columns. On the left, list some things you have let go or lost over time. On the right, list the ways in which you have gained from letting go. For example, you have let go of a relationship. It has opened up a new sense of freedom. You let go of a belief, and it has increased your optimism. Enjoy the peace of mind that comes with realizing that you have so little to lose, and so much to gain.

Affirmation- Seed of Letting Go

Decide today to cut a cord that is holding you back. You know it isn't serving you. Move forward. Now you have less baggage, you can think more clearly, move more freely and enjoy incredible peace of mind. Let go of something today, not palms down, but palms up so that what you release can fly free.

Say to yourself: I release baggage that is holding me back and enjoy the peace