

20 Insights into the Secret of Letting Go

By Guy Finley

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The secret of letting go not only hold the keys for ending what is unwanted, but locked within this same supreme secret is the beginning of a new life-the birth of a new nature that never has to hold on to anything because it already is everything. Let the following special insights speed you on your way.

1.
Letting go of yourself is letting go of your problems, for they are one and the same.
2.
Go along with your longing to be limitless.
3.
Uncovering what is wrong must always precede the discovery of what is right.
4.
You can only be as free as you are willing to be truthful about yourself.
5.
Letting go is strictly an inside job.
6.
There is nothing hidden in the world from the man who will reveal himself to himself.
7.
You can live from true intelligence or with self-insistence.

8.

Letting go takes no strength-only a willingness to see the need for it.

9.

We can never act any higher toward a situation than our understanding of that situation.

10.

Once you see the problem, you know the solution.

11.

A weakness detected is a weakness rejected.

12.

Letting go is the natural release which always follows the realization that holding on hurts.

13.

Unhappiness does not come at you. It comes from you.

14.

Psychological suffering is only something you picked up by mistake.

15.

What you really want is to stop thinking about yourself.

16.

Defeat comes from clinging to solutions that don't work.

17.

Letting go happens effortlessly when there is no other choice.

18.

Real freedom is the absence of the self that feels trapped, not the trappings that self acquires to make it feel free.

19.

Wanting to learn about yourself while limiting your discoveries to what you want to find is like saying, "I want to see the whole world from my bed."

20.

The only thing you lose when you let go of something you are afraid to live without is the fear itself.

Excerpted from The Secret of Letting Go by Guy Finley. Copyright 1990, Llewellyn Publications.

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