

# LETTING GO OF NEEDINESS & ATTACHMENTS TO WHOM OR WHAT WE'VE LOST

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Sometimes after break-ups, loss of a job, or deep disappointments in the face of our hopes of what life would bring us, a feeling of neediness, despair, and emptiness prevails. We often try desperately to fill the void, but perhaps what we really need is patience, and a period of time to heal, re-group, and find our inner strength and happiness again. During this healing time, the process below can offer a rapid way of letting go of our neediness and difficult-to-release attachments. Regaining feelings of inner happiness, wholeness, better self-esteem, and a renewed sense of clarity and direction are so important before we can take positive steps — through true 'growth'-- toward a healthy future.

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*(It is recommended that you do this process out loud, where no one will hear you)*

**Step 1:** Ask ... On a 0-10 scale, "If a joyful little girl has no resistance to letting go of any previous feelings she had of neediness as she is walking in a field of beautiful flowers (pause and see her), how much resistance do I have to letting go of all of my neediness and attachments when I open up to feeling of all that I've lost, still long for, fear losing, and am attached to – at my worst?"

*Then rate how on a 0-10 scale how much resistance you have to fully living in such a complete state of wholeness, and total joy in this moment, if nothing were to change at all in your outer life = "X".*

**Step 2:** Put this feeling into simple sentences of the following structures:

"With everything I've lost, long for, fear losing, and am still attached to, I'm feeling a 'X' resistance to letting go of all of my neediness" ... "I'm feeling a 'X' resistance to letting go of all of my neediness" ... "I'm feeling a 'X' resistance to letting go of all of my neediness" ... etc.

*Stay vulnerable & connected with your emotional resistance – like a 3 y.o. child would be in a tantrum -- repeating this sentence over and over, until either at least minute to a minute and a half passes, or your level of resistance clearly subsides.*

**Return to Step 1:** Go back and read aloud Step 1 and re-rate how you feel. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing your resistance to letting go of all of your neediness. *Continue with these steps until you're happy with how much your resistance to feeling total joy now has subsided. After clearing down to a 'trace' level of resistance, you can say over and over again, "My remaining neediness is keeping me from feeling as joyful as that little girl," until the last vestiges of neediness disappear, and you're left with a feeling of total joy in this moment.*

*... It may be helpful to remember the adage ...*

*"The resistance I'm willing to face and embrace, will erase!"  
The resistance I try to avoid, will just keep me annoyed."*

## **A Spiritual Solution**

When we finally break through our resistance to letting go of all of our neediness and attachments, leaving a feeling of total joy in its wake, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner joy. Most of us are seeking a worldly solution to filling their emptiness and their needs. We try pursuing this or that, attempt to acquire more things, or we try to run back to old relationships or situations which really weren't working or truly healthy. We may also try avoiding being alone, and time that's needed to getting used to finding happiness through doing things by ourselves again. Alone time for rediscovering our bearings again, is often needed in the healing process after a loss. During this journey back to regaining wholeness, this above process offers a “spiritual” solution to letting go of our feelings of neediness and emptiness, which cloud our mind and tempt us to make bad choices. By using this tool, we discover a more rapid means to release our inner emotional pain. In so doing, our outer world completely changes, and we can experience joy, gratitude, & greater self-esteem right now – signs true healing has occurred.

### **So How Can We Stay Joyful, Whole, and Free?**

We know life is likely to present us with challenges every day, so how can we stay joyful in the midst of challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, especially after a loss, in the face of an uncertain future, and in the midst of all the feelings and projections of people we may have left behind.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness and joy if we take a few minutes time daily to do clearing practices.

