

Touchstones Theme: Surrender / Letting Go



“Letting go” means letting go of not only distressing and unpleasant things, but also every kind of fixed idea. We carry around so many fixed ideas such as “you” and “I,” “good” and “bad.” You made all of these fixed ideas, and as long as you cling to them, it's impossible for you to become one with your true nature.

The worst prison in the world is the prison of thought. The most difficult wall in the world to overcome is the wall of fixed ideas. From a certain perspective, spiritual practice means freeing yourself from such prisons of thought. Thus, if you keep thinking “I'm just an unenlightened being,” then, because of that thought, you cannot play any role other than that of an unenlightened being. Be very aware of the great difference a single thought can make. *Daehaeng Sunim*

Lao-tzu wrote, “This is a path of letting go so there will be room to live. / If we hold on to our opinions, our minds will become dull and useless. Let go of opinions. / If we hold on to possessions, we will always be at risk. Let go of possessions. / If we hold on to ego, we will continue to suffer. Let go of ego. / Working without thought of praise or blame is the way of true contentment. / This is a path of letting go so there will be room to live.”

Developing a cocoon is a natural ...part of being a caterpillar. But the time comes when the cocoon ...wears out and opens up. ...What if, when the cocoon of ego opens, instead of the feared abyss we find a butterfly? *William Martin*



Join us in exploring Surrender / Letting Go