

Letting Go and Coming Back

Preface

In this article for simplicity I'm going to refer to the many emotions, i.e. fear, anger, anxiety, sadness, depression, shame, blame, hatred, pride, jealousy and envy as fear, anger and sadness.

Introduction

Being caught in fear, anger or sadness is very uncomfortable. Almost everyone would prefer to have these feelings leave sooner rather than later. A very good question is: How can we let go of fear, anger or sadness when we're in the grip of these distressing emotions?

The Aha

Last week while working with a patient a way to let go of fear, anger and sadness became very clear to both of us. She was gripped by fear. As we worked together, her fear let go. She said to me: "Letting go is coming back." We both realized in that moment the truth of what she said.

When she said that letting go is coming back, we realized that when the fear in her was releasing her attention was not on the fear. The fear that was there, in its most simple state, is energy. Her attention was on the energy releasing and not on the fear or on any thought.

Attention toward the fear, anger or sadness in its most primal state as energy provides a great opportunity for these emotions to release. Conversely, the more attention that we have on the fear, anger, sadness, story and thoughts, even the attention of wanting the fear, anger, sadness and story to let go, the more that we can be in the grip of these forces.

Catharsis During Coming Back

As the patient said letting go is coming back, I realized that each time fear, anger or sadness let go in me, the fear, anger or sadness was an energy. I no longer had attention on the emotions or on the thoughts. The release of energy without attention to emotion or to thought is when coming back can begin.

There may be catharsis during coming back. (Catharsis is a discharge of pent up emotions). The patient displayed some catharsis during her coming back. Catharsis is not necessary for coming back. Outwardly cathartic expression looks very emotional. Catharsis during coming back has always been, for me, an energy releasing without awareness of an emotion or of a thought.

Coming Back

I've used the expression 'coming back' without saying what I mean by coming back. My view is that at the very core of a person is love, peace, joy and contentment. This is our true self or our true nature.

Whenever we're not connected to love, peace, joy or contentment, then we're not living from our true nature. Coming back is going from a state that is not love, peace, joy or contentment and coming back to our true nature.

Coming Back In A Group Setting

For me coming back from being in the grip of fear, anger, sadness or story has been especially strong when I've been in group meetings. There's usually a greater depth of feeling and a greater inner personal exploration that can be experienced in a group meeting. I've witnessed countless people go from being in the grip of fear, anger, sadness or story to feeling free (coming back to their true nature).

I've seen many people transformed during the ten years of working with my teacher and in the six years of leading meetings. The fear, anger and sadness that they were carrying truly let go; not just a temporary feeling of relief or a temporary high.

Living from our true nature is progressive. There's a deepening of love, peace, joy and contentment that seems, so far, never ending. As this letting go/coming back has repeatedly happened with others and with myself, there's a lightening of the load and an increased ability to live more and more from our true nature. It's said that it usually takes twenty years of practicing a skill before it can be mastered. We have decades to master how to live as an expression of our true nature.

Letting Go Turns Into Coming Back

There is a crossover point when letting go of fear, anger, sadness or story turns into coming back to our true nature. This crossover point happens when our attention is no longer on the emotions or on the stories as the energy of the emotions and stories release. This is very similar to the crossover point when a rocket leaves the pull of earth's gravity. Earth's gravity creates a lot of resistance to the rocket going out into space. Once the rocket leaves earth's gravitational pull, the rocket continues effortlessly going further and further into space.

Similar to earth's gravity forming a resistance to anything leaving its atmosphere, once our stuff (stuff is what is left inside us from the unhealed events in our life) is formed and stays awhile, it can be hard for the stuff to leave. The gravitational field of our stuff can keep us bound to thinking, acting and speaking in limited and reactive ways.

A common example of how stuff is formed is when we've been devastated from a relationship breakup. We don't fully get over it and move on in a fully healthy way. This is when there is some residual stuff that gets in the way of our next relationship. We then relate to the person in our next relationship with this residual stuff.

Each of us has come back many times in our lives. Coming back is when the stuff from previous events in our lives no longer has a limiting or reactive effect on our thoughts, feelings and behavior.

In the previous article titled Process Vs. Perpetuate I outlined four practices to help a person go from being in the grips of strong emotion and strong story to coming back to their true nature; where the grip of the strong emotions and the accompanying stories/thoughts wane to the point of insignificance. ([Click here](#) to read the article).

Coming Back

The stories of what happened to us may never leave and they also may help transform us. The Dalai Lama said: "Our enemies are our greatest teachers." In this light, the stuff that has been holding us back the most can become the doorway to us living more and more as our true nature. Then our stumbling blocks turning into stepping stones becomes a reality.

May all beings live in their true nature.