

Detachment = Letting Go

To let go does not mean to stop caring; it means I can't do it for another person.

To let go is not to cut myself off; it's the realization I can't control another.

To let go is not to enable; but to allow learning from natural consequences.

To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try to change or blame another; it's to make the most of myself.

To let go is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To let go is not to judge, but to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

To let go is not to be protective; it's to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold, or argue, but instead to search out my own shortcomings and correct them.

To let go is not to adjust everything to my desires, but to take each day as it comes and cherish myself in it.

To let go is not to regret the past, but to grow and live for the future.

To let go is to fear less and love more.