

Detachment the art of letting go by Lori Kostenuk



I have been loving the talk on this CCF platform about the liberty we have in Christ. But what does that look like in our everyday life on a practical level? Is it *just* about letting go of vain traditions that no longer serve us? A word that keeps coming to my mind is *detachment*. To experience true liberty, we must detach (let go) from anything that keeps us attached to the control of our ego/human, so the Spirit can have total freedom to guide and inspire. Letting go of recurring negative thoughts (mental addictions...anxieties, etc), physical addictions, vain traditions, fear, negative emotions...feelings of guilt, shame, unworthiness, hate, apathy, lack of self-honor, etc. PS - I am a writer, so when musings come, they don't tend to leave unless I write them down... hope it is okay to share here in this space.

What is detachment? In short, detachment is experiencing our feelings and emotions in the moment, but not allowing them to control us. It is being able to step back and observe situations objectively, and then acting on inspiration or intuition instead of reactive ego emotion. Detachment allows us to let go and accept what we cannot change. As we try to fight against what we cannot change, then what we are resisting will continue to persist as we give it energy, focus, and importance (law of vibration/attraction). Worrying and feeling fearful, for example, is a form of praying for what we don't want. A far more effective and more calming approach is to consciously offer no resistance while focusing on what we DO want, as opposed to fighting against what we don't want. Most suffering is caused by non-acceptance of what is. It may be a thought, a feeling, an emotion, or a situation. We suffer when we want things to be different from how they are. Most of the time, it is NOT the

experience itself that causes us pain and suffering, rather the resistance TO the experience... the non acceptance.

How does acceptance bring liberty? By accepting, we are letting go, freeing ourselves from emotional bondage. We learn to detach from other's choices, understanding that their life lessons are not ours to manipulate. Detachment allows us to be in the world but not of it. True detachment is not a separation from life, but the absolute freedom within ourselves to explore living with joy and ease. It allows us and others the freedom to be who they are without forcing solutions or manipulating outcomes, thereby, allowing solutions to spontaneously emerge.



To give an illustration on how attachment limits us and how letting go gives us wings of freedom, let's look at the caterpillar and butterfly. As we know, the caterpillar is attached to the earth... it cannot fly yet. As it moves from leaf to leaf, it devours. Is it experiencing life? Yes. Now let's look at the butterfly in all its beauty and freedom of flight. Does it experience life? Yes... perhaps we can say that the butterfly experiences life *more perfectly* or *more abundantly*. Instead of taking and devouring, the butterfly adds to the earth by pollinating numerous flowers as it flutters along, allowing plants to reproduce. We, too, are in a better place mentally, physically, and spiritually to contribute to others around us as we learn to let go of emotional drama which only diminishes our power and freedom.

Perhaps I will go further and say that the way to acquire anything in this universe is to relinquish our attachment to it. This does not mean that we give up on goal setting or pursuing our passions, but rather that we release our emotional attachment to it and the way in which our request or intention will materialize. Example... Do we have an emotional love/hate relationship with money? "*For the **love** of money is the root of all evil*" - 1 Timothy 6:10. Try taking the emotion/lust out of money and see what happens. Set a realistic financial intention, **believe** that it has been taken care of, then act on inspirations that come, and we might be surprised at what shows up. The

more we worry about money or strive to have it, that same negative needy energy will actually repel it.

Perhaps I should give a physical example of how trusting the process without negative involvement worked for me. My son called me in frustration one day from university in Montreal. He had been trying for two months to get into a specific Fall class which was required for the next Spring term in Hong Kong. He kept hitting roadblocks and was feeling more frustrated by the day. The class was full and with a waiting list. So, I gave it a shot. I was detached emotionally from this issue. I found a quiet moment, set the intention/prayer that he get into that specific class, believed that it was taken care of, and then I went on with my day. He called me later that afternoon in amazement. He was accepted! Was he surprised? Yes and no. Was I surprised? I was only surprised that it happened so quick. He had been stuck with emotional negative energy, so he was repelling the very thing he was trying to attract. As long as he was emotionally frustrated and not detached from the outcome, he was in no position to change the situation.

When we learn to set intentions with detachment, magical things begin to happen for us. If something still does not work out, then close that door with acceptance and move on into another open door.

Tell me about your attachments.



Attachment is based on fear and insecurity. *I need this person to do this or be this.... I need this to happen.... I must have that.... I need that job.... I need more money... etc.* The search for security indicates an attachment to our known past experiences and past conditioning. When we relinquish emotion of the known, we open ourselves up to unlimited possibilities, inviting creativity and inspiration. Many of us look for happiness and security outside ourselves or in *taking up a cause*. When we truly understand that our divine team knows best and that all the answers are within us, we begin to understand that we do not *need* anything outside of ourselves to make us happy. We know that whatever is on the outside that brings us happiness has the same potential to bring us pain if taken away. The only way of escaping this dilemma is to become detached.

Detachment is not a new phenomenon. Let's take a look at James 4:2-3....

"Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not. Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts."

Why were these people not receiving what they desired? They did not ask. Or, if they did ask, emotional lust was attached to their request.

Detachment from this world does not mean that we should own nothing, but that nothing should own us. We give away our power and freedom when we become attached to things, emotions, situations, and people. This does not mean detaching from a person we care about, but from the pain of negative involvement. Detachment gives us wings of freedom to choose our experiences; yet allows us to be present enough to feel deeply and to truly experience living *more perfectly*.

True liberty in Christ equates to living life more abundantly, like the butterfly, *"I came that they may have life, and have it more abundantly"* - John 10:10. Liberty in Christ affects all areas of our lives... the physical, mental, and spiritual. Like any tender father, God cares about ALL aspects of our lives, not just the spiritual. Perhaps one of the toughest beliefs for many in our fellowship to let go of is the thinking that God only cares about the spiritual part of our lives. This earth is our training ground where we learn to build up our faith/our trust. Jesus reminds us in John 3:12, "But if you don't believe me when I tell you about earthly things, how can you possibly believe if I

tell you about heavenly things?" If we don't trust him with our everyday guidance in even the little things, how do we expect to trust him with the weightier matters of our soul. We must learn to walk before we can run. Trusting our divine team for all sides of our lives in the moment while releasing chords of attachments that hold us captive to this earth, is what brings us complete liberty in Christ and gives wings to the Spirit to guide us freely into all Truth.