

Letting go is one of the hardest lessons we have to learn. In letting go, we must release not only our attachment to the thing we're letting go of, but our attachment to the stories we've told ourselves about that thing. Some of those stories are pleasant and in replaying them, we create longing for what once was, but cannot be again. Some of those stories are hurtful, and we bind ourselves to them with our anger or resentment. But all stories must end, and letting go can be done with ease, if we choose.

Today, think of one place in your life where you're holding onto old stories. Stories are powerful, but not more powerful than your will to be free of them. Decide whether you're ready to let go of this particular story. If not, ask yourself why. Listen to your answer, without judgement. Our stories hold our lessons, so there may be many reasons why. Write them down or meditate upon them.

If you feel ready to let go, pretend you're placing that story in the palm of your hand. Hold your hand closed for a moment. Thank the story for all it has taught you. When you're ready, open your hand and say,

"I can let this go."