

The Secret of Letting Go

Throughout time, the great sages and saints of the ages have taught that letting go is an inside job, a work of rigorous self-awakening that begins with self-honesty. The following quotations hint at the possibility of an unspeakable discovery that awaits all those who persist with their wish to be free.

“The first step to self-knowledge is self-distrust. Nor can we attain to any kind of knowledge, except by a like process.” – *Diogenes* (circa 412 – 323 B.C.E.)

“An empty mirror and your worst destructive habits, when they are held up to each other, that’s when the real making begins. That’s what art and crafting are. A tailor needs a torn garment to practice his expertise. The trunks of trees must be cut and cut again so they can be used for fine carpentry.” – *Jalal al-Din Rumi* (1207 – 1273)

“We owe a great debt to those who point out our faults for they humiliate us... They prepare for us the exercise of correction and freedom from fault.” – *Blaise Pascal* (1623 – 1662)

“Never let us be discouraged with ourselves. It is not when we are conscious of our faults that we are the most wicked, on the contrary, we are less so. We see by a brighter light, and let us remember for our consolation, that we never perceive our sins till we begin to cure them.” – *Francois Fenelon* (1651 – 1715)

“Consciousness of error is, to a certain extent, a consciousness of understanding, and correction of error is the plainest proof of energy and mastery.” – *Walter Savage Landor* (1775 – 1864)

“There is no coming to consciousness without pain. People will do anything, no matter how absurd, in order to avoid facing their own soul. One does not become enlightened by imagining figures of light, but by making the darkness conscious.” – *Carl Jung* (1875 – 1961)

“Some of the greatest discoveries we will make in our life begin with understanding the beauty, the necessity, and ultimately, the freedom of letting go.” – *Guy Finley* (1949 –)

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