

GET A GRIP BY LETTING GO

by Mark Babineaux, JD, CHt.

NATURALLY, THE EASIER WE LET GO OF WORRISOME THOUGHTS, THE EASIER IT IS FOR US TO RELAX. SOMETIMES THOSE ANXIOUS THOUGHTS TIE US DOWN AND KEEP US FROM MOVING FROM WHERE WE ARE TO WHERE WE WANT TO BE.. IT'S SOMEWHAT LIKE A TUG-OF-WAR WHEN BOTH SIDES ARE DUG IN AND REFUSE TO GIVE ANY GROUND. YOU UNDERSTAND THE FEELING - YOU WOULDN'T DARE MOVE FORWARD BECAUSE THAT WOULD BE GIVING IN - AND YOU LACK THE STRENGTH TO BACK AWAY FROM THE SITUATION OF STRAINING TO HANDLE EVERYTHING AT THE SAME TIME - SO YOU'RE STUCK - YET - HAVE YOU EVER WONDERED OR WITNESSED WHAT HAPPENS WHEN YOU SUDDENLY LET GO OF THE ROPE? -- THAT'S RIGHT ! -- EVERYONE AT THE OTHER END OF THE ROPE FALLS ON THEIR BACK, DISORGANIZED, CONFUSED AND POWERLESS - AND YOU ARE FREE TO MOVE IN ANY DIRECTION YOU NEED TO MOVE - INSTANTLY - REMIND YOURSELF THAT YOU CONTROL WHAT CROSSES THE LINE ONCE YOU LET GO OF THE ROPE.

OF COURSE, YOU MAY FIND THIS USEFUL THOUGHT HELPFUL IN LETTING GO OF NEEDLESS WORRY - AND - YOU MAY FIND THIS HELPFUL THOUGHT USEFUL IN GETTING A GRIP ON THE THINGS YOU NEED TO DO, ON YOUR OWN TERMS, AND IN YOUR OWN TIME.. SO YOU MAY USE IT TO SIMPLY RELAX, AND, YOU MAY USE IT TO ORGANIZE WHAT YOU NEED TO DO IN A CALM AND CONFIDENT WAY - ONE THING AT A TIME - NATURALLY - THIS IS THE WAY - IT WORKS :

PRETEND THAT YOU ARE IN A TUG-OF-WAR - IMAGINE, ACROSS THE LINE AND AT THE OTHER END OF THE ROPE, EVERYTHING AND EVERYONE BOTHERING YOU, DEMANDING YOUR TIME OR TALENT, ARGUING WITH YOU, ANNOYING YOU, LIMITING YOU, ANGERING YOU OR FRUSTRATING YOU - AND AT THE VERY FAR END OF YOUR ROPE, PUT ANY AND ALL NEGATIVE THOUGHTS YOU HAVE ABOUT YOURSELF OR YOUR SITUATION AND ANY NEGATIVE ACTS YOU HAVE COMMITTED AGAINST YOURSELF. . .

THEN, MAKE A FIST WITH BOTH HANDS AND TENSE ALL YOUR MUSCLES JUST AS THOUGH YOU WERE TRYING TO PULL EVERYTHING ACROSS THE LINE AT

THE SAME TIME – REALLY TENSE ALL THE MUSCLES IN YOUR BODY - MENTALLY REALISE AND PHYSICALLY EXPERIENCE THE SENSATION OF BEING STUCK – AND JUST AS THESE ANNOYING THINGS FEEL THEIR STRONGEST, LET GO OF THE ROPE – BREATHE OUT, OPEN YOUR HANDS, RELAX YOUR MUSCLES, TAKE A DEEP CALMING BREATH -- AS YOU SLOWLY EXHALE ALLOW YOUR ENTIRE BODY TO ENJOY THE RELEASE OF TENSION -- AND ENJOY A MENTAL GIGGLE AS THE FORCES PULLING AGAINST YOU SUDDENLY COLLAPSE - BECAUSE WHEN YOU LET GO, THEY LET GO. AND ONCE THEY ALL LET GO, YOU MAY TAKE ADVANTAGE OF THE CONFUSION ON THE OTHER SIDE -- GRIP THE ROPE, WHICH IS NOW LOOSE AND FREE, AND GATHER IT IN YOUR HANDS AS YOU WOULD A LIFELINE – CHOOSE WHICH SITUATION OR PERSON TO SAVE FIRST, TOSS THAT PERSON THE LIFELINE AND PULL THAT PERSON OR SITUATION ACROSS THE LINE ONLY ON YOUR TERMS AND IN YOUR OWN TIME - IF THEY DO NOT AGREE WITH YOUR TERMS, LET GO OF THE ROPE, ROLL IT UP, AND THROW IT TO SOMEBODY ELSE - THIS WAY YOU ARE ABLE TO COME TO TERMS WITH ONLY THE THINGS THAT ARE TRULY IMPORTANT - THOSE OTHER DESTRUCTIVE OR ANNOYING THOUGHTS WILL NEVER MAKE IT ACROSS THE LINE - SO WHEN YOU ARE FINISHED , ROLL UP THE ROPE TO TAKE WITH YOU, AND WALK AWAY.

PRACTICE THIS "GET A GRIP BY LETTING GO" EXERCISE A FEW TIMES - AND WHEN YOU'RE READY, ALLOW YOURSELF BACK INTO THE WONDERFUL WORLD AROUND YOU WITH A WONDERFUL PEACE YOU HAVE FOUND WITHIN - - - - -