



## New Pathways Wellbeing Circles

### EXPLORING FOUNDATIONS OF WELLBEING

This month's program will explore the theme of *patience* and explore the various aspects of life that can be impacted by the need to wait or make a choice, to help our overall health and wellbeing.

## DETACHMENT

Detachment is not that you own nothing. But that nothing should own you.

*Ali Ibn Abi Talib*

The practice of detachment

I stand on my own holy ground.

I hold success and failure lightly.

I am responsible only for myself.

I honour my feelings and freely choose how I will act.

I free myself from cravings and irritations.

I recognise the blessings in my tests.

*Unknown*

A story

A wild horse appeared one day and made its home in a farmer's field.

"How lucky you are to have acquired such a fine horse for nothing!" said his neighbours.

"Maybe, maybe not," replied the farmer.

The farmer's son, his only help around the farm, tried to ride the horse. It threw him, breaking his legs.

"How unlucky for you," chorused the neighbours.

"Maybe, maybe not," replied the farmer.

His son was left behind when the emperor's soldiers arrived in the village to conscript all the young, able-bodied men into the army, many of whom would die in the war. Meanwhile, the wild horse ran away.

"How unfortunate!" cried the neighbours.

"Maybe, maybe not," said the farmer.

The horse returned to the field, bringing his entire herd with him.

"What good fortune!" exclaimed the neighbours.

"Maybe, maybe not," reflected the wise farmer.

This ancient Chinese story underlines the importance of being detached from events beyond our control. What might seem at first as a stroke of good luck, for example, can turn into something we don't expect. When transition happens at work, our initial reaction might be to focus on just the negative aspects. In reality, we don't really know what positive changes might occur as well – that's the nature of change. Over-thinking and analyzing a situation that is really out of our control creates expectations that may not be met. Practicing the art of detachment brings acceptance and new insight.

Detachment is a mindset. To be detached means to be at peace with what is – knowing that whatever you are experiencing, good or bad, is a product of the creative power of your mind – all of it. To be detached is to be empowered by the knowledge that you alone create your reality perspective, not the situation, other person or event.

To be consistently effective, you must put a certain distance between yourself and what happens to you on the golf course. This is not indifference, it's detachment.

*Sam Snead, Professional Golfer*

Your children are not your children.  
They are the sons and daughters of Life's longing for itself.  
They come through you but not from you,  
And though they are with you yet they belong not to you.  
You may give them your love but not your thoughts,  
For they have their own thoughts.  
You may house their bodies but not their souls.

*Kahlil Gibran*

Watch any plant or animal and let it teach you acceptance of what is, surrender to the Now. Let it teach you Being. Let it teach you integrity — which means to be one, to be yourself, to be real. Let it teach you how to live and how to die, and how not to make living and dying into a problem.

*Eckhart Tolle*

Surrender is a gift that you can give yourself. It's an act of faith. It's saying that even though I can't see where this river is flowing, I trust it will take me in the right direction."

*Debbie Ford*

Let a man abandon anger, let him renounce pride and let him get beyond all worldly fetters...Let a man conquer anger by love, let him subdue evil by good: let him overcome the greedy by liberality and the liar by truth.

*Dhammapada*

Often people confuse detachment with indifference. Why is it important to tell the difference? Because they are completely different states of mind. Detachment is about letting go of attachment for the sake of a possibly improved situation, whereas indifference often implies apathy and/or feeling helpless.

*Author unknown*

Perform all thy actions with mind concentrated on the Divine, renouncing attachment and looking upon success and failure with an equal eye. Spirituality implies equanimity.

*The Bhagavad Gita*

Detachment is not indifference. It is the prerequisite for effective involvement. Often what we think is best for others is distorted by our attachment to our opinions: we want others to be happy in the way we think they should be happy. It is only when we want nothing for ourselves that we are able to see clearly into others' needs and understand how to serve them.

*Mahatma Gandhi*

Serenity Prayer

God grant me the serenity to accept the things that cannot be changed  
Courage to change the things I can  
And the wisdom to know the difference  
Living one day at a time  
Accepting hardships as the pathway to peace  
Taking this sinful world as it is  
Not as I would have it  
Trusting that you will make all things right if I surrender to your will  
That I may be reasonably happy in this life  
And supremely happy with you forever in the next

*Reinhold Niebuhr*

Surrender is the ultimate sign of strength and the foundation for a spiritual life. Surrendering affirms that we are no longer willing to live in pain. It expresses a deep desire to transcend our struggles and transform our negative emotions. It commands a life beyond our egos, beyond that part of ourselves that is continually reminding us that we are separate, different and alone. Surrendering allows us to return to our true nature and move effortlessly through the cosmic dance called life. It's a powerful statement that proclaims the perfect order of the universe.

When you surrender your will, you are saying, "Even though things are not exactly how I'd like them to be, I will face my reality. I will look it directly in the eye and allow it to be here." Surrender and serenity are synonymous; you can't experience one without the other. So if it's serenity you're searching for, it's close by. All you have to do is resign as General Manager of the Universe. Choose to trust that there is a greater plan for you and that if you surrender, it will be unfolded in time.

We learned a lot about the Moon, but what we really learned was about the Earth. The fact that just from the distance of the Moon you can put your thumb up and you can hide the Earth behind your thumb. Everything that you've known, your loved ones, your business, the problems of the Earth itself – all behind your thumb. And how insignificant we really all are, but then how fortunate we are to have this body and to be able to enjoy living here amongst the beauty of the Earth itself.

*Jim Lovell, Apollo 8 & 13 astronaut*

Peace is present right here and now, in ourselves and in everything we do and see. The question is whether or not we are in touch with it. We don't have to travel far away to enjoy the blue sky. We don't have to leave our city or even our neighborhood to enjoy the eyes of a beautiful child. Even the air we breathe can be a source of joy. We can smile, breathe, walk, and eat our meals in a way that allows us to be in touch with the abundance of happiness that is available. We are very good at preparing to live, but not very good at living. But we have difficulty remembering that we are alive in the present moment, the only moment there is for us to be alive. Every breath we take, every step we make, can be filled with peace, joy, and serenity. We need only to be awake, alive in the present moment.

If a child smiles, if an adult smiles, that is very important. If in our daily lives we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. If we really know how to live, what better way to start the day than with a smile? Our smile affirms our awareness and determination to live in peace and joy. The source of a true smile is an awakened mind.

*Thich Nhat Hanh*

Life is like a Car

There is an analogy about life when you imagine driving your car. When driving you are in control. You decide when to stop and start. You decide how fast to go. You decide whether you will take the slower and safer road, or if you will short cut and go up a steep hill and you decide how fast you will come down the other side. You decide when to take the road to the right, or the road to the left.

What if life is the car and instead of deciding to take the long road or fast track up the hill, or to turn right or left you took your hands off the wheel? What if you allowed the car to decide? What if we let go of making all the unimportant decisions and steering life in one direction or another? Could this create a sense of calmness or sense of destiny?

Life could be like this. We can learn to trust in a greater power and in doing so get to watch the scene of life out of our window.

*Annette Subhani*

Are you holding onto something you need to let go of?

From what I have noticed over the years, a lot of people suffer because they are attached to things, to people, ideas, places... They can't seem to allow things to just happen, they can't allow people to just come and go in their lives, and they want to control everything and everyone. Why? Because they are attached to all of these things. They are attached to the work they do, to their minds, to their egos... they are attached to everything and everyone.

It is very important for us to learn that with attachment comes pain, with attachment, comes sadness, suffering, bitterness, and anger, with attachment comes unhappiness. Nothing is yours to keep, not even your mother or your father, your spouse or your children, your friends, your bank accounts or your career. We can learn to love them, value them, to be grateful for their presence in your life, to be grateful for the time you spend with them, but when the time comes, to let them go, to let them all go, with dignity, with love, and with grace. There is nothing wrong in allowing nature to take its course. Things are the way they are, neither good nor bad, they just are. We are the ones attaching value to everything, we are the ones who call things good and bad, ugly and beautiful, we are the ones looking for reasons to always be offended all the time.

Love is pure, love is kind, love is selfless, while attachment is nothing of this kind. Attachment comes from a place of fear. I know I have said this before, and I know it is a concept that is quite hard to grasp but letting go of all of your attachments will bring you so much peace.

Luminita (PurposeFairy)

Man is always progressing. His circle of knowledge is ever widening, and his mental activity flows through many and varied channels.....Man is, in reality, a spiritual being, and only when he lives in the spirit is he truly happy.

Baha'i Faith

*Thank you for joining us this evening.  
We hope you enjoyed the reflections and discussions.  
Please join us for light refreshments.*



Thank you to TATIN for assisting with refreshments tonight. They offer fantastic bakery items baked daily - including bread, donuts, pastries and tea and coffee.

TATIN - Find them at 143 Bulleen Rd, Balwyn North

**UPCOMING - Wednesday June 12<sup>th</sup> at 7.30pm - 9.00pm**

**THEME – Forgiveness**

Feel free to invite family and friends to a future session. Please remember to book online for details.



For more information  
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