



Let Go Now: Embracing Detachment

Karen Casey

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So many of us spend so much time enmeshed in other people's problems, trying to solve or change them, that we don't really know where we begin and they end. Not reacting to people or situations that provoke us is not an easy skill to develop. It takes practice and conviction that not reacting, not increasing the drama, doesn't mean we don't care. On the contrary, we are freed to show genuine love and care only when we can detach from the knee-jerk need to fix, solve, rescue, or control. Even the idea that someone else can make us feel happy (or beautiful or angry) or we them is an illusion, says Casey in this remarkable book. All our feelings come from within and we get to choose how to respond to life.

The meditations in this power-packed little book provide us the tools we need to practice letting go of the illusion that we can control anyone or anything beyond our selves. Casey teaches us to focus on finding our own balance point and recognizing how to get to it whenever we find ourselves tempted to rescue or enmesh.

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