

# Let it go already! August 2016

**By Tullio Orlando**

The message for today is learning to let go, to forgive, and move on with life. While that can actually be three separate topics, it can be rolled up neatly and packaged as one austere message. There is a cost to be paid for hanging on to negative feelings that really ought to be discarded. The cost can be in the form of anger, bitterness, and resentment.

Let's start with a fable:

*Two traveling monks reached a town where there was a young woman waiting to step out of her sedan chair. The rains had made deep puddles and she couldn't step across without spoiling her silken robes. She stood there, looking very cross and impatient. She was scolding her attendants. They had nowhere to place the packages they held for her, so they couldn't help her across the puddle.*

*The younger monk noticed the woman, said nothing, and walked by. The older monk quickly picked her up and put her on his back, transported her across the water, and put her down on the other side. She didn't thank the older monk; she just shoved him out of the way and departed.*

*As they continued on their way, the young monk was brooding and preoccupied. After several hours, unable to hold his silence, he spoke out. "That woman back there was very selfish and rude, but you picked her up on your back and carried her! Then, she didn't even thank you!"*

*"I set the woman down hours ago," the older monk replied. "Why are you still carrying her?"*

The dead weight of destructive emotions need to be dropped before we can enrich our lives with better feelings. Everything from the rude person cashing you out at the local coffee shop or the self-absorbed driver on your morning commute who haphazardly zoomed into the space in front of your car without asking. Or someone who did you wrong half a lifetime ago and whom you still refuse to forgive.

We only have so much time on our 'life meter.' It begins ticking down from the moment we're born. There's only so much time. Shouldn't we invest it to garner positive returns instead of losses? We need reminders to let go. Is there anything we can choose this moment to release from our tight-fisted grasp?

That something can be absolutely anything that has stuck to us and weighed us down, draining our energy which should be diverted to other causes. Choose the one thing and then drop it so it can shatter into pieces. Now! Not later. The sooner you do, the sooner you'll enjoy freedom from confinement to negativity.

Doing so will result in extras. Extra time for walks and exercise; extra time for tranquility and deep breaths. Such investment will make us happier, easier to live with, and experience fewer regrets in life.

A smile instead of a frown; a sunnier disposition instead of one that's dark and menacing all lead to a more contented you. On the count of three, let go. One ... two ... three!