



## **Video Transcript for Summer Healing Sessions: Week 4 Small Steps to Freedom**

**Jada:** Hey summer healers. We are here in week four. We have come to the end of our summer healing journey for now. I just want to say thank you for being on this journey with me. And this whole- this is a process and our theme is 'Small Steps Towards Freedom.' Small steps can have a huge impact and each step we take, there's a door that opens for another path, another journey. That's really what it's about is just to continue to take steps until that next door opens. So, the last chapter we are reading for this week is called 'Freedom from Attachment.' Really, it's about examining how our attachments prevent us from healing. They prevent happiness. We are often attached to many things, in regards to our expectations of people, how we think people should be treating us. We're attached to being responsible for other people in ways that stress us out. If I were you right now, I would really think about those things in your life that you're attached to. Are there any substances that you're attached to? Are you attached to food or you're attached to shopping? Are you attached to people, to circumstances, to ideas in which how you think your life should be?

These are the kinds of attachments that can create unhappiness and it creates a certain rigidity that limits joy and peace. One of my favorite quotes in the book, and there's also a little story, but one of the quotes that I like is, "Resistance always says no. By nature, it brings conflict and struggle. This is unhappiness personified." That's a deep one. And in the book Paul shares this image of a young tree sapling and it's a trunk extending. It's fragile, but it remains rooted and strong because it does not resist the wind. It moves with it. It is not attached to a fixed position. It is flexible. That's really how our internal worlds need to be, how our internal worlds need to be cultivated, to have more flexibility and that comes from surrendering. We need to know that surrender really is the key to healing and happiness. Everything is not going to- most things are not going to turn out how we want them to.

It's just not- that's just not how life works. But when they do, that's when we can really show some deep gratitude. But a lot of times we have to just learn how to go with the flow and we have to learn how to let go. But it's definitely through flexibility that we are able to and a manner that we don't insist that all our needs are met any specific way. I'm going to tell you something. That is a set up and I for a long time just fought that idea of surrendering, that my needs weren't going to be met in a certain manner. It caused me a lot of grief and it wasn't until I was willing to let go and surrender and let go of once again, that entitlement. This is when that entitlement comes in as well, as feeling entitled to having life be a certain way, it wasn't until I was ready to surrender and let go that I was able to find some happiness and I really had to find trust in a higher power that this is not all about me. Sometimes we have to just let things manifest and stop trying to be in control of the process and it's hard. This takes practice. This takes practice and this is one of those things that we just have to remain mindful of. This is something that's not going to change overnight. This is a life. That's a life process, so now we're just going to take those small steps towards our mindfulness in regards to freeing ourselves from attachments and even starting with identifying those attachments and as we identify one layer of attachment, then the next layer of attachment comes and then the next layer. So it's an ongoing process.

The activity this week is to make a list of attachments that you have strong emotional investment in and only you would know this. What is happening in your life that you are in a deep struggle with that is creating a certain rigidity and inflexibility. So whether your ego is just- you going through a divorce and you just, you holding on to a certain aspect and you just, certain points you won't let go. Or you're in an argument with a friend and you just- your ego just, it's just you just attached to a value system and you just attached and you just creating this rigid frustration. Just examine it. What's really going on? Cause it's hurting you, right the list. And I want you to pick one thing that you are willing to change your mindset around just one. So whether it's, if you one of those people that hates that your husband or your partner or your wife squeezes the toothpaste in the middle from the middle of the tube and every morning you like, "I tell you every day, do not squeeze this toothpaste in the middle."

Could you let that go? Could that be one thing that you could just let go? Just let it slide. Just let it go. And you're like, Lord, I know that he squeezes that toothpaste in the middle, but he does have a nice smile to replace that rigid thought was something beautiful. Something that allows you to be more flexible around the idea of just letting go of the idea that he squeezes the toothpaste from the middle of the tube. Something as simple as that. It doesn't have to be a grand thing. It can be something as simple as that because I'm going to tell you something. This kind of work right here, it's a lot of confront. It's a lot of confront, but when we start with the small things and start practicing there, we can move to the bigger things. But for those of you who are ready for the bigger challenges, do that to see what that does for you. Just share what that journey and experience has been for you. Okay. Freedom of attachment. That's a big one.