

[PDF] Let Go Now: Embracing Detachment

Karen Casey - pdf download free book



"One of the most profoundly spiritual and helpful books I have read."
—**Steve Pearce**, author of *Healing Sins: The Little Book of Living 'Go and Sin' to Myself*

"No one with a caring heart would want to miss this essential read. Another winner for Karen Casey and this for all of us!"
—**Marvyn J. Hines, PhD**, author of *Spilling the Spirit at Home* and co-author of *Facing Shame: Families in Recovery*

Do you ever feel like you give other people too much power over what you think and feel? Do you have your own child/employee/teen you make or break your day? Do you find yourself feeling intimidated by other people's expectations and demands? Make the people in your life have been telling you to back off and let them be who they are, or maybe just a little less interested in what your loved ones do and say, or if it somehow reflects on you. These are the classic indicators of codependence. And what better author than Karen Casey to show us within the pages of this book is that the only solution to codependence is to embrace detachment. Through these meditations you will become kindly attached to the difference between influence and control, a distinction that will help you determine which behaviors ring you and which ones set you free. This morning practice—embracing detachment and detachment (separation)—holds the key to our inner peace and that of those around us as well.



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Description:

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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