



## Letting Go

To “let go” does not mean to stop caring, it means I can’t do it for someone else.

To “let go” is not cut myself off, it’s the realization I can’t control another.

To “let go” is not to enable, but to allow learning from natural consequences.

To “let go” is not to admit powerlessness, which means the outcome is not in my hands.

To “let go” is not to try to change or blame another, it’s to make the most of myself.

To “let go” is not to care for, but to care about.

To “let go” is not to fix, but to be supportive.

To “let go” is not to judge, but to allow another to be a human being.

To “let go” is not to deny, but to accept.

To “let go” is not to be protective, it’s to permit another to face reality.

To “let go” is not to nag, scold, or argue, but instead to search out my own shortcomings and correct them.

To “let go” is not to adjust everything to my desires, but to take each day as it comes and cherish myself in it.

To “let go” is not to regret the past, but to grow and live for the future.

To “let go” is to fear less and love more.

*Copied (source unknown)*



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The following quotes are from Anne Brener found in *Mourning and Mitzvah*, Jewish Lights Publishing, Woodstock, Vermont, 1933.

“As you begin your walk on the mowers’ path, I want to make sure that you understand on phrase: “mourning process.” This will give you an idea of what lies ahead.

“Process” implies that things change over time and there are ways to encourage that change to happen. It tells us that what we feel at one moment is not necessarily what we will feel at another.

“Our society does not value process. We like things ready-made . . . So it is with our emotional life. We expect to be healed without acknowledging the rupture. We expect to arrive at our destination with no journey. But the process of healing requires a journey for which there is no shortcut. It requires us to acknowledge the variety of emotions which accompany a loss.”

Pages 21-22.

“The difficulty in surrendering to process is that there is no road map. I can’t tell you what you will experience along the way, or who you will be when you get there. I can tell you that it isn’t going to be easy, that it may get worse before it gets better, and that the alternatives to taking this journey are worse than the journey.”

Pages 23, 24.

“Proper grief-work requires focusing on feelings associated with grief. It (grief-work) is the essential and indispensable labor of healing.

Page 15.

“How long will mourning take? As long as it takes.”

“The only feeling that will not change are those (feelings) which are ignored.”

***The pilgrimage is not a journey toward transformation . . . but a transforming journey.***

- Jonathan Omer-Man



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- There is no specific timetable for letting go.
- Letting go does not mean forgetting.
- Letting go does mean acknowledging my life is different.
- Letting go does mean forgiving others and myself.
- Letting go does mean that I choose to act in ways that will enhance my life now and in the future.