

IDENTITY

The Law of Detachment

[Posted at www.loveshift.com]

The sixth law of success is the law of detachment which is often difficult for people because we are so used to holding on and aggressively pursuing what we are looking for but the law of detachment actually says that by letting go, we are more likely to get it than by forcing our way into the situation. In fact, if two people are wanting something, whoever is the more detached would be more likely to get it. Whether or not it is doing a business transaction or engaging in a relationship, if you are feeling desperate, if you are feeling that without something, you can't possibly go on, you are actually in a very vulnerable situation. Where, if you are in that sense of "I can take it or leave it," you are much more likely to manifest the outcome that you are looking for. So we teach people that when you are trying to get into a yoga pose instead of forcing their way, they just have to have this very easy, effortless, detached attitude and they notice that instead of straining, by releasing, by detaching they are actually able to into that posture. So it reinforces that spiritual law that by not holding on so tightly, you often get exactly what it is you are hoping for.

What is the law of detachmency? It says that if you really want something in the physical universe, then you have to detach yourself from the outcome. A good gardener puts his seed in the ground, covers it up, and then waters it every day with his attention, but he doesn't dig up the soil every day to see how it is doing. So like that, you have to be process-oriented, not outcome-oriented. It means that I am walking this road because I want to get there but my real purpose right now is to walk this road because if I keep looking over there, I am going to stumble at some point. Pay attention to "what is" and see its fullness in every moment. So in order to do this, be life-centered, present-moment awareness. Remember that the only step that is really real in your life is the one you are taking right now. Pay your attention to the journey and the destination will come. Don't even worry when you get to the destination. They say a good traveler has no definite plans and has no intention of arriving. Okay, so be a really good traveler. Enjoy the journey. Don't stumble by getting all worked up about the outcome. Just like when you are studying for an exam. You are always thinking about what grade you are going to get, when are you going to study? Focus your attention on the study and the grades will come. So one thing that the law of detachment means is "process orientation." The second thing is, "have intensity of desire but detachment from outcome." That means be focused in the moment. This moment is as it should be and it is the perfect moment. That is also, by the way, how we activate least effort. And, then, also having alert witnessing of the roles you are playing. Recognize that you are not the role you play. For example, someone just now told me, she was an actress. A good actor or actress has to play many roles. One day you are playing Cleopatra and the next day, you are play Aphrodite or somebody else, and the next day your are playing Joan of Arc but there is a point of view that says, you know these are roles I play and that isn't really me. Similarly right now, your ego is the role you are playing.

And in one day, your ego may play many roles. So, I play the role of a father when I talk to my son, I play the role of a son when I talk to my mother, I play the role of a teacher when I talk to you, I play the role of a doctor when I think of a patient and my deeper part says that it is my destiny to play an affinity of roles but I am not the roles I am playing. I am the spirit that plays these roles and as long as I identify myself as a spirit, as a detached observer, then I enjoy the roles and I play them with passion. But if you get so totally identified with the roles and the melodrama of the roles, then you know when there is something bad happening, you will be crying, when there is something glad happening, you will be laughing. A person pays you a compliment, you will be happy, a person says you are an idiot, you will be offended for the rest of your life. So you become at the mercy of every stranger on the street. If you want to be empowered, then detach and become the witness of the roles you play.

David Simon, M.D. Medical Director at the Chopra Center first paragraph

From Dr. Chopra's Grow Younger, Live Longer series discussing The Seven Laws of Yoga