



Lesson 8 – Activity

Climbing Back Down the Ladder of Attachment

Same Ten Things, One Rung at a Time.

How difficult is it to strip away the pieces of your identity? Try to stop being a lawyer, an artist, a mother, a leader, smart or stupid. Take off your make-up and go out in public. Stop going to church. Go to church! Sing and dance in the street in front of people you know. Do or think anything you "know" is wrong. How does it make you feel?

It can be as difficult or easy as you want it to be. Detaching from these false personas requires that you have faith in yourself and are completely honest with yourself.

When you have a belief that you are very attached to, it can seem like it is too powerful or too hard to change. We will come up with all kinds of excuses not to detach. When you have placed a great deal of faith into your old painful belief system, detaching can seem like a daunting task.

When you believe something completely, and then proceed to change your belief into something you are less attached to that you will enjoy more, you may feel as though it is too difficult to reach your goal.

A great tool to assist you with changing your belief is called "stepping". Stepping is a way for you to lessen your attachment to things by slowly introducing ideas that are closer to the beliefs you know will cause you less suffering.

An example: I believe I am the ugliest thing that has ever walked the planet. I can use a mantra that I am beautiful, but it will just be like salt in a wound. It feels like a lie, and is almost re-enforcing the old belief. Instead, I can step toward the belief.

So I start with: I am better looking than I used to be. It is not much, but I am moving in the direction I want to go to. I am getting comfortable with this thought before I continue.

At the next step I say: I am moderately attractive. I do not continue until I am comfortable with this belief. Your stepping thought should always feel like relief.

My next thought I will introduce could be: I am pretty.

And then: I am desirable.

And then: I am beautiful.

It is a process where you slowly step toward your new belief with little thoughts you can accept. If there is a large discrepancy between what you believe now and what you want to experience, stepping your thoughts can help shrink the gap.

Take your list of ten things from the last Lesson, and try to introduce some stepping thoughts with the things you want to begin detaching from on your list.