RADICAL NON-ATTACHMENT

*Not insisting on own expectations*

WORKBOOK 3

Soulspace Healing

Radical Non-attachment is about letting go of our experiences and letting them be.

We know we had expectations that were sometimes not met, and we know things turned out differently and we also know that we learnt from it and we are who we are today.

We know we can have goals and desires now, but we do not insist on our expectations of what should happen. We are quick to carry out the Radical Non- attachment to let go and redefine ourselves.

We redefine ourselves transcending fears, shame, victimhood from the past. We can really come to see ourselves differently, being appreciative of our painful experiences and being grateful to all those who played a part in it.

As we see this bigger picture, as we allow ourselves to hold a different perspective, we connect to our deeper worth and Higher Mind.

The Higher Mind or Universe, or God or All That is, holds infinite intelligence. The Higher Mind guides our Physical Mind as we carry out our day to day activities. The Higher Mind is better able to do this when we have radical non-attachment.

When we have let go of the expectations we hold, when we do not insist on our physical mind expectations, we allow our Higher Mind guide the very best outcome for our highest good in all areas of our life as we choose.

In this module, you will learn the value of Radical Non-Attachment and how to use it. You learn to see the story of your past and to let it go, knowing you have the gain and can allow yourself to redefine a new story in the present to pave the way for your abundant future.

Stay kind and be gentle to yourself as you work with this module. Feel free to reach out to me for extra support if you need

**Practicing Radical Non-Attachment**

Find a quiet space to do this exercise. You might want to play some soothing music in the background to create a nice ambience.

Settle down, take some deep breaths till you feel relaxed and calm.

When you are ready, start going through your mind to see any memories that emerge which trigger feelings of fear, lack of safety, bitterness, abandonment, trauma etc. As these memories come to mind, take deep breaths and welcome them as the details come up in thought, imagery, sound or sensations.

These memories are part of your own life story. Every one of us has a life story that started at birth and has gone through the years consisting of various changing scenes till this present time. Your story consists of different aspects of your life. In the practice of Radical Non-Attachment, you come to have the overview of your story, redefine your story and then let go of all stories, with the connection to Higher Mind.

I invite you to go through your memories and journal them down. You come to see what you have learnt and what you have gained.

As you read through your memories, ask yourself the questions below about these memories:

* What are the changing themes of your story? (themes are subjects such as rejection, self-worth, abandonment, betrayal etc)
* How do you change? What makes you change? (think of times you have changed and how the change happened)
* What are you healing?
* What are you letting go of?
* Without this old story what can you now become? What is possible?
* What is possible to BE?
* What is possible to DO?
* Who do you not need to fix or rescue anymore?
* Who, if anyone, do you want to forgive?

*If you feel you need help doing this exercise, feel free to reach out to me for my more expanded programs.*

***What does my new life story look like?*** *(describe the life that most excites you now, the different aspects, personal, career, fun etc)*

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Now you have a new life story that excites you. Radical Non-Attachment means you hold unto this excitement and may have expectations, but do not insist on them as you take the steps you need. As you follow your excitement, you are connected to your Divine Worth and acting with confidence.

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