

Detachment PowerPoint



Detachment

Meaningful Quotes from Let
Go Now: Embracing
Detachment by Karen Casey

Detachment is simply watching the events that are unfolding around you, getting involved only when your journey is part of the experience.

We have to practice and rehearse again and again the “art” of not reacting, of “detaching”, from the actions of those around us.

Getting involved in the actions of others isn't in my best interest, most of the time. I will walk away when I need to today.

Detachment is stepping back from an experience in order to allow room for God to do His or Her part.

Detachment promises quiet contentment.

The first few times we make the choice to “be peaceful rather than right”, it feels like denial. But with practice it will become the preferred choice. Give it a try today.

Detachment is making no one a project.

Detachment means taking no hostages.

Detachment means giving up outcomes.

Our job is the effort, not the outcome.

Detaching from outcomes, those that apply to us and those that apply to the actions of others, is the surest way to a peaceful day.
Trying is believing.

Detachment is letting the solutions be determined by God.

We don't ever have to figure out anything alone.

Giving detachment a chance today will be like getting a paid vacation. We don't need to attend to situations that belong to others, and we can let God be part of every situation that does involve us. What relief we will feel.

Detachment is understanding that we are never the cause of someone else's actions.

Detachment frees up our time.

Coming to see that detachment was letting go, releasing others to make their own choices, their own mistakes, to realize their own dreams, initially felt like loneliness to me.

It's God's work to orchestrate the lives of others.

Learning how to let go of others and their lives takes willingness, a tremendous commitment to staying the course, and constant practice.

Being detached simply means not letting their behavior determine our feelings.... It means not letting their behavior determine how we act, how we think, how we pray... We can journey together today. From the shared journey we learn. But being enmeshed with another rather than complementing another's journey will destroy both parties.

Detachment means freedom from
obsession.

Detachment is knowing that what others do
is not a reflection on you.

Detachment is not making a big deal of
situations, even complicated ones.

When we allow God in to the mix of the resolutions, calm can prevail.

Detachment frees us from overreaction. ... Stepping aside and watching others handle that which is theirs to handle, and not letting what they do determine how we feel, is the “real stuff” of this journey.

Detachment is far more analogous to unconditional love than to acquiescence. It means letting our loved ones make their own choices, and that doesn't mean we don't care. On the contrary we care so much about them that we know they must travel their own path, rather than ours.

Detachment doesn't mean we can no longer love the person we may have to walk away from.

Detachment is noticing people without judgement.

Taking baby steps with this idea of detachment is a good beginning. Most of us don't come by this trait naturally.

Detachment doesn't mean not caring. It doesn't mean ignoring someone, either. It means not letting our minds be controlled by the presence of others.

Detachment is letting decisions that need to be made by others be only theirs.

Detachment is having your life be about you, not about other people.

Observing what's going on around us without comment takes willingness and, on occasion, great strength, too. But detaching from others so they can do their own work is part of our work, too.

Detachment is taking responsibility for our own life. Not blaming others for anything that has happened to us in this life is the mark of spiritual maturity.

Detachment is never letting someone else control how we think, feel or behave.

Detachment is letting go of fear over others' behavior.

What anyone else is doing doesn't determine who we are or what we are worth. That's an awareness that makes all the difference in the world to people who doubt.

Our Higher Power never detaches from us.

Detachment is knowing that other's
criticisms are about them.

People who truly know God don't criticize. Even when they observe a behavior that concerns them, they are far more likely to say a silent prayer. They seem to instinctively know that their purpose in another's life is to offer love and support, and forgiveness, should that be called for. We are never called to be critics of one another. Way-showers, yes, but never critics.

We are not alone, not now or ever. God is present and is sending us the lessons that are ours to learn in concert with the Divine plan that includes all of us.

Detachment allows us to hear God.

Some say there are two kinds of business:
“my business” and “none of my business.”

Others' behavior is a reflection of how they feel about themselves.

We won't become who God had intended for us to be if we are listening to voices other than His.

Detachment is respecting the boundaries
between yourself and others.

What someone else is doing or how they
treat us has nothing to do with who we are.

Prayer is an effective way to help us detach
from the behavior of others.

Prayer is the solution. Detachment is the
tool. Peace of mind is the gift.

We detach in steps. The first step is to observe but say nothing. The second step is to say a quiet prayer and then avert our eyes, placing our mind with God and some details of our own life. The third step is to get busy, to move on, and to thank God for giving us the willingness to let others do what they need to do.

To lovingly detach means I love you unconditionally and trust you to make the next right decision. To lovingly join means I honor the steps you need to take and will accompany you if that's your choice.

Detachment from others is the opposite of
being obsessed.

Trust is a gift we give ourselves and others.
So is detachment. They go hand in hand.
One strengthens the other.

If you are agitated, ever, you are trying to control, and peace never visits the controller.