

*“Do everything with a mind that lets go.  
Do not expect any praise or reward.  
If you let go a little, you have a little peace.  
If you let go a lot, you will have a lot of peace. If you let go completely, you will know complete peace and freedom.  
Your struggles with the world will have come to an end.”*



**Achaan Chah**

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It is so easy to understand this guidance as an edict *against* holding on and *against* expecting praise or reward. If you make sense of it in this way, you will set up what you think is good - *letting go and accepting what is* - against what you think is bad - *holding on and having expectations and desires*. In doing this, you re-create the very set up for suffering that our mystic is intending to help us release.

Without the realization that our universe is a dualistic phenomenon, you will *unconsciously* confuse the *spiritual, non-conceptual* letting go that our mystic is referring to with the *human psychological* letting go that is the *opposite* of holding on.

Is our mystic advising us to avoid holding on and to cling to letting go? Is he telling us to cultivate and cling to a state of being where letting go is our sole response without any desire to hold on arising? Perhaps. But perhaps not. It is so difficult to understand and accept that true spiritual letting go paradoxically embraces all that arises – it neither clings nor avoids in the presence of clinging and avoiding.

This *non-conceptual letting go* is available in a different level of consciousness. It is neither better nor worse than your normal level of daily consciousness. Both provide **valid and incomplete** points of view from different levels of perception. By saying either one is better or more valuable than the other, you again set the stage for human suffering. Because you are both human and divine, your struggles with the world *can* come to an end, and also *cannot* come to an end, by choosing your divinity over your humanity.

When you are struggling to let go of something you really want to cling to - notice how everything shifts when you *relax into* what is actually unfolding in the moment. You are clinging. You are angry. You are frightened. You are sad. You are hateful. You are holding on.

I invite you to explore the possibility that these feelings are *not* actual statements about *who* you are, but rather unavoidable experiences in the life journey. I encourage you to question the idea that you ought to be somewhere else other than where you are at this juncture of time and space. These are the steps that will help you discover how to be *both* a human being *and* divine being simultaneously - at the office, at home, and in the privacy of your mind.

Please visit me again next month for another Reflection. Meanwhile, may inner peace and freedom continue arising as you discover your journey *and you* are just exactly right *as they are* – and yet, pulsing with life’s passionate potential and desire to become more.

Ragini

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