



# Letting Go of Attachments

by Jim & Nora Zarvos

The exercises that follow are from a weekly assignment given to participants in a course offered to Pathway to Mastery graduates.

Dear Reader,

Jump in; do the exercises; and notice what possibilities show up as a result!

## Exercise #1

Complete the following assessment. Be aware of your need to look good as you are answering the questions. As always, honesty is the best policy.

### ***Attachments and Aversions: Self-Assessment***

Y N

- Attachments come from scarcity consciousness.
- I only keep the most important photographs, documents and memoirs..
- All suffering comes from my attachments.
- I rarely impose my idea of how things should be, onto others.
- I can go on vacations without having to bring something back.
- I do not reminisce about my past.
- There is little I am adverse to.
- I have preferences not attachments; I can be happy with either outcome.
- I can simultaneously be detached, passionate, and involved.
- I allow myself and those around me the freedom to be as they are.
- I have no fears or bad habits worth protecting.

After you have completed this assessment, reflect on each question. Use your intuition to guide you as you design an exercise or stretch for you to complete by the end of the week.

## Exercise #2

### **“Grab It While You Can”**

This week we are exploring the idea of letting go... The idea of nonattachment is the corollary to “What is—is, no more no less.” Holding on tightly to our concepts, judgments, ideas and tangible objects keeps us stuck and subtracts from our freedom. It is in our Self-interest to practice letting go and to fully experience our inner and outer worlds without investing in the illusion of permanence or a fixed reality.

Make a list of your most cherished attachments. Consider the things you think you cannot live without. Examples might be; status, security, money, a nice place to live, one or both of your parents, pets, good food, satisfying work, sex, a good reputation, community, your current job, exercise, sweets, meat, the need for certainty, a certain relationship, books, the idea of the future, more—better—different, hope, your current identity, your stories about what happened, your need to defend, blame, habits, etc.

In your head, let go of one of these attachments and see how it feels. Imagine yourself living a different life than the one you now enjoy, perhaps without the apartment or job you are attached to. Let it drop away. How does it feel? Do you feel lighter? Or do anxieties arise?

Experiment in your head with letting go of things you think are important. Let go of one attachment at a time. Use a journal to help you explore the following questions... How would your life change? What would happen, for example, if you gave up the apartment or house you live in and moved into someplace smaller or less expensive? Would you need less money to live on and would that make you feel less driven and encumbered? How about most of your clothes and gear?

What can you let go of or change? What would happen if you let go of your particular worldview, for example? How would you perceive things differently? What about your attachment to a group or a preferred political party or religion? How would you be different if you let go these

attachments? How would you be changed without these beliefs? What would be missing? Who would you be without those external roles, identities, and place-markers?

What are the stories about yourself to which you are most attached? Are you inclined to view yourself as unique and special, or as the underdog? Perhaps even the victim? Do you live your life in such a way that your story of what happens between you and others will always be the same? Do you see yourself as the caretaker or “giver” in any relationship? Do you see yourself as the smartest person in the room? The least informed? The most out to lunch? Are you the shyest? The most neurotic? The least privileged? The most overworked? These exaggerations all represent clinging to fixed ideas and self-images about who you are.

How are you attached to these stories you tell yourself? What would happen to your life if you changed them?

How about the people in your life? Is it really true that you can't live without him or her? For just a few minutes, how would it feel to entertain the opposite thought? This could be scary, but try it out just for experimental purposes. Say for example, “I don't need him/her.” How does it feel? Try to actually feel and experience that, just for a moment.

Attachment causes your mind to want or not want, desire or dislike. Your mind clings to, craves, hoards, lusts, and desires as well as hates, judges, and dislikes.

***No Outer Action Is Required!***

No matter how much we have or don't have, if we seek satisfaction and fulfillment outside of ourselves, we will fail to experience contentment. Desires and aversions distract you from having and experiencing the gifts available in the present.

## Exercise #3

### **“Going, Going, Gone...”**

You are to responsibly give up (for one week) something you experience yourself being attached to. Perhaps it is working out, or coffee, or reading before you go to sleep, or dessert, etc. If and when you notice your cravings allow yourself to experience the craving fully. Notice if it disappears or grows. Use your journal to capture your thoughts. Good luck and remember you are not free from anything you resist (or are attached to!)

Jim Zarvos is the president and founder of **Paradigm Consulting International**, a consulting firm, specializing in executive coaching and shaping high performance teams. He is also the co-founder of **Zarvos Leadership & Coaching** which offers a transformational coaching curriculum for anyone seeking new levels of personal fulfillment and success.

Jim has an extensive background in dramatically improving people's ability to lead effectively, communicate, coach, and produce unprecedented results.

Jim is featured in the movie **The Absolute Answer to Everything** and is working on a book **The Absolutes of Leadership** due to be published in 2015. When he is not writing or facilitating, Jim is doing what he loves most—hanging out with his four children, and his wife, Nora.

**For more information and to register for Jim's Breaking Through Workshop visit [www.ZarvosCoaching.com](http://www.ZarvosCoaching.com)**

Nora Zarvos L.C.S.W. received her Bachelor's degree in Education and her Masters degree in Social Work. Nora has broad experience within the field of human services, education and transformational work and is recognized as an expert international facilitator. Nora founded a transformational coaching company in Spain, as well as **Zarvos Leadership & Coaching** in Indianapolis.

Featured in the movie, **The Absolute Answer**, Nora has developed and facilitates **The Gathering** a workshop that empowers women to connect to themselves and other women; **The Magic of Intimacy**, and **Leadership for Teens** a workshop for adolescents.

Nora stays busy fulfilling her most challenging and rewarding role—shaping the lives of her two sets of twins.

**For more information on Nora and to register for The Gathering workshop, visit [www.TheGatheringForWomen.com](http://www.TheGatheringForWomen.com)**



**Zarvos Leadership & Coaching**  
575 South Main Street, Suite 400 Zionsville IN 46077  
P 317.569.8630 F 317.569.8635  
[www.ZarvosCoaching.com](http://www.ZarvosCoaching.com)