

Jacques RICHARD

LETTING GO

**Living fully in the present
moment**

—

70 exercises

Letting go

Legal

LETTING GO

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What does letting go consist of?

To let go is to accept to let oneself be carried away by life, as if one were plunging into an apparent emptiness, but knowing, deep down, that there is an invisible force ready to support us. This image of the parachute jump illustrates the feeling of voluntary abandonment, but also of confidence. Parachute is our faith in life, in our ability to adapt and bounce back in the face of challenges. It is not a renunciation of control, but a reorientation of our energy: instead of trying to anticipate everything or manipulate every detail, we decide to put our energy into the acceptance of what is.

In a world where the search for safety and control is pervasive, letting go can seem counterintuitive, even scary. We are conditioned to want to control our environment, to anticipate every risk, every obstacle, as if every moment of uncertainty represented a threat. Yet, this perpetual quest for control often generates frustration, anxiety, and a form of emotional exhaustion. Letting go invites us to reverse this logic by abandoning the fear of the unknown, to enter into a gentler and more fluid relationship with life.

When we let go, we develop an openness to the unexpected, a flexibility that allows us to live in the moment. This does not mean becoming passive, but rather recognizing that a part of life is beyond our control, and that this can be a source of wealth and fulfillment. We can then find inner peace by accepting that some things are not always under our control. It's as if we allow ourselves to place a heavy burden: that of believing that everything depends on us, that every detail must be planned, orchestrated, controlled for our life to have meaning.

This letting go brings us back to a sense of humility in the face of the immensity of life, a feeling that not everything can always be rationalized or mastered. It implies a form of trust, a faith that, even in the absence of a visible safety net, we will be supported by something greater than ourselves. You could say that it is an act of positive surrender, where we decide to listen more to our intuition and welcome the experiences that come our way, without getting too attached to the results.

Ultimately, this leap into the void teaches us to become more attentive to our own essence and to recognize that authenticity and peace often lie in acceptance, rather than struggle. Letting go then becomes an act of liberation, a conscious choice to refocus on the essential, to live with confidence and with greater fluidity.

Imagine yourself balancing on a rope, like a tightrope walker, moving slowly and carefully. On your shoulders rests a backpack that is far too heavy, filled with memories of the past, painful experiences, regrets and deep-seated fears. This bag also contains projections towards the future, our expectations, our anxieties, and our doubts about what tomorrow could bring us. Every step becomes difficult, every movement seems risky, because this invisible but very real weight pulls us back, prevents us from feeling stable and confident in our walk.

This mental and emotional baggage that we carry with us on a daily basis is often the result of unconscious accumulation. Our past experiences leave traces, imprints that are anchored in our memory and influence our way of seeing the world. When a failure or a disappointment marks us deeply, we often develop a form of mistrust, a need to protect ourselves from what the future might hold for us. Similarly, the wounds of the past can cause us to remain defensive, to anticipate potential suffering, and thus to adopt an attitude of withdrawal, rather than remaining open to new experiences.

Letting go, in this context, means freeing ourselves from this emotional backpack by becoming aware that these memories and worries do not define

our present. This does not mean erasing our past or ignoring our responsibilities for the future, but it means no longer letting these cumbersome thoughts guide every step. It is to allow ourselves the freedom to put down this bag, to trust in our ability to adapt and be resilient, and to move forward with a lighter mind, free of the invisible chains of our fears.

This means acknowledging that some of the mistakes of the past no longer have a hold on us if we choose to give them another meaning, and instead of seeing them as failures, we can see them as lessons that have made us stronger, wiser. As for worries about the future, they are often a projection of our fear of the unknown. By letting go of these anticipations, we allow life to follow its natural course and at each moment to unfold without the heaviness of our expectations.

Letting go of the past and the future opens us up to a state of mind that is more grounded in the present moment, where we are able to appreciate the simplicity and richness of what is happening here and now. This posture of letting go allows us to live with more lightness, to get rid of the constant pressure of wanting to control everything. It invites us to adopt an attitude of trust, where we say to ourselves, "I have done my best so far and I will do my best in every moment that comes." In other words, we agree to commit ourselves fully to life, without being constantly held back by our doubts and regrets.

This abandonment of mental loads then becomes an act of benevolence towards oneself. It is a way to find inner harmony, to no longer be divided between the past and the future, but to be able to move forward serenely in the present, with a more peaceful perception of life. We discover that inner peace is not an unattainable ideal, but a state that we can reach when we give ourselves permission to lay down our burdens and open ourselves up to each moment with curiosity and confidence. Accepting uncertainty and letting yourself be carried away by life

Letting go also means embracing uncertainty, a major challenge in a world that values mastery and foresight. Many of us cling to the idea of being able to control our lives, every situation, every interaction, as if it were enough to anticipate everything to avoid unpleasant surprises. Yet, this quest for absolute control can quickly turn into a source of frustration and stress. Life, by nature, is full of unforeseen events, unexpected turns, and events that we can neither predict nor direct.

To illustrate this idea, let's imagine ourselves as a navigator on the open sea. When the wind changes direction abruptly or unpredictable waves appear, insisting on staying on course can be futile and dangerous. Sometimes it is wiser to let yourself be carried by the currents, to adapt your course according to the elements. To let go is to choose to sail with flexibility, to cooperate with the natural forces of life instead of constantly resisting them. It takes courage, because it means giving up the illusion of control and accepting that we can't predict everything or shape every moment according to our will.

Accepting uncertainty means making peace with the idea that the unknown can bring unsuspected riches, unforgettable encounters, and experiences that go beyond what we could have imagined or planned. Instead of seeing the unexpected as a threat, we learn to welcome it as an opportunity to grow, adapt, and enrich our life journey. In this voluntary abandonment of the need to control everything, we discover a new freedom: that of living each moment as it is, without weighing it down with our expectations or our fears.

This openness to the unknown is not a form of passivity. On the contrary, it requires active trust, faith in our ability to face what is coming, even if it does not correspond to our initial plans. It is a way of embracing life in all its complexity, with the conviction that, whatever happens, we will have within us the resources to move forward. Letting go then becomes a posture of trust: instead of worrying about the future or fearing the unexpected, we accept to let ourselves be guided by the flow of life, cultivating an attentive and open presence.

By cultivating this ability to let oneself be carried away by life, one develops a new form of resilience. You become like the reed that bends in the wind without breaking, that accepts the change of direction with flexibility. This resilience allows us to face the vagaries of life with more serenity, to take a step back from challenges and to put our worries into perspective. We learn to trust the process of life, to let go of our need to control every outcome, and to appreciate every moment as an opportunity to grow.

Finally, by accepting uncertainty, we give ourselves the gift of living fully in the present moment. We stop living in fear of what might happen and discover the joy of savoring what is already there, without excessive anticipation or constant worry. We become more available for life itself, more receptive to the surprises and small joys that come our way. Letting go of control is basically allowing life to surprise us, to touch us, and to reveal aspects of ourselves that we would never have been able to discover otherwise. It is an invitation to the human adventure, to accept that every day contains a part of mystery, and that this mystery is an integral part of the beauty of life. Letting go also means rediscovering the beauty and richness of everyday life, the simplicity that often hides beneath the surface of our routines. Too often, we spend our days in "automatic" mode, absorbed in our concerns, tasks and goals. We are so focused on what needs to be accomplished or what we are missing, that we forget to pay attention to the little wonders that are right before our eyes. Letting go is giving ourselves the freedom to slow down, to look up from our screens, from our thoughts, and to fully enter into presence.

When we detach ourselves from the idea that our happiness depends on great achievements or future successes, we open our minds and hearts to simple, immediate, and attainable pleasures. It could be the warmth of the sun on our face, the feeling of a cup of coffee in our hands, the singing of birds, or a smile exchanged with a stranger. These moments, although often ephemeral, contain a depth, a richness that nourishes our well-being. When we let go of our expectations and demands, we become more receptive to those moments of grace, to those little things that beautify our lives without us needing to control them.

By letting go, we also open ourselves up to a form of spontaneity that we sometimes lose by planning everything. We become a bit like children again, able to marvel at what surrounds us, to welcome every moment as an adventure. For example, rather than feeling frustrated with a last-minute change, we might choose to experience it as an opportunity to discover something new. By no longer focusing on precise results, we leave room for the unexpected, creativity and even humor.

Letting go also means freeing ourselves from the weight of judgments, both towards others and towards ourselves. How often do we find ourselves analyzing and criticizing our own actions, our own thoughts? This perfectionism often causes us to be ourselves, to overwhelm ourselves with blame and criticism. By cultivating letting go, we learn to welcome our imperfections, our mistakes, and to see them with kindness. This does not mean giving up on self-improvement, but rather accepting that we are human, and that our flaws are part of our beauty.

This benevolent detachment allows us to approach life with more lightness and simplicity. We can find ourselves laughing at our clumsiness, taking a step back from our little failures, and no longer taking ourselves too seriously. This attitude creates a space for joy, for laughter, for gratitude. We begin to appreciate life as it is, without constantly seeking to transform it. We understand that every moment is precious, and that even ordinary situations can become sources of happiness when we pay attention to them.

Finally, letting go offers us the possibility of reconnecting with a form of authenticity, a return to the essential. By letting go of the pressure to achieve ideal happiness or a perfect image, we get closer to what is truly important to us. We learn to be present for ourselves and for others, to share sincere moments and to savor the richness of life as it is, with its imperfections, its hazards, but also its simple and accessible beauty. This is the art of letting go: being fully alive, connected to the present, and ready to welcome life in its spontaneity and depth, without waiting for everything to be perfect.

In the end, letting go is a bit like becoming the artist of your own life, allowing yourself to paint outside the lines. As children, we all have this natural freedom to draw, to paint, to create without worrying about the limits imposed. But as we grow up, society's expectations, rules, norms, and the way others look at us push us to fit into specific frameworks, to follow rigid plans. Letting go is rediscovering that creative freedom, that space where you allow yourself to step outside the lines, make bold choices and explore unexpected paths.

It's about living more flexibly, letting go of the idea that everything has to be calculated and perfect. When we let go, we learn to accept imperfections, unforeseen forks, and mistakes as natural elements of our journey. This approach frees us from the need to plan everything, to organize everything down to the smallest detail, and allows us to welcome life as it is, with its surprises and detours. This can be intimidating, as it means giving up some form of control, but it also opens the door to immense freedom: that of creating a life that truly resembles us, a life where every choice is inspired by our deepest essence rather than fear or external expectations.

By letting go, we give ourselves permission to dream differently, to pursue our own aspirations without being constantly limited by fears or restrictive beliefs. It's like painting a picture without being obsessed with the end result, but savoring every brushstroke, every mix of colors, every detail that comes to life on the canvas. Sometimes the lines can seem messy, the colors can mix unexpectedly, but it's part of the creative process, that unpredictable beauty that gives the work its full meaning. To let go is to accept that life itself is a creation in constant evolution, and that it cannot be entirely predefined.

This choice to let go and paint outside the lines also allows us to live our emotions more fully and connect with our authentic being. We no longer seek to correspond to an ideal image or to satisfy external expectations, but rather to express our true nature. This may mean exploring new passions, changing direction, or simply adopting a lifestyle that brings us more happiness and

peace. It's as if we were giving ourselves the freedom to reinvent our life, to follow our intuitions, and to reconnect with what really makes sense to us.

This attitude of letting go of our own journey also helps us to welcome others with more tolerance and kindness. By understanding that each person is also creating their own path, with their mistakes, hesitations, and successes, we become more inclined to offer our support without judgment. We understand that everyone evolves at their own pace, along their own lines, and that this is part of the beauty of human life. Letting go of expectations, judgments, and comparisons allows us to interact with others in a more authentic and enriching way.

Finally, letting go invites us to live our life as an artistic adventure, a masterpiece in the making where every moment is an opportunity to learn, evolve, and flourish. We accept that the work is never "finished" and that it should not be. Each day becomes a new opportunity to add touches of color, to add elements to our personal picture, without worrying about perfection, but savoring the simple fact of being alive, being able to express our essence and discovering the many facets of life.

It is this creative, open and joyful attitude that makes letting go a way of life. This allows us not to lock ourselves into an overly rigid routine, but to welcome each moment with curiosity, like a blank page. By letting go of our fears, doubts and resistances, we discover that life itself is an inexhaustible source of inspiration. We become the painters of our own existence, able to let our mind and heart express themselves freely.

**Training
To let go
On emotions**

1. Breathing

Breathe deeply for 5 minutes.

Mindful breathing exercise

Objectives:

- Mindful breathing is a simple and powerful method to reconnect with the present moment and release mental and physical tension. It helps to calm the mind and create a state of relaxation.

1. Make yourself comfortable:

- Sit in a quiet place, on a chair or cross-legged. Keep your back straight but relaxed, with your feet on the floor or your hands on your knees. You can also lie down if you prefer.

2. Close your eyes:

- Closing your eyes helps minimize outside distractions and allow you to focus on your body and breathing.

3. Start breathing deeply:

- Slowly inhale through your nose for a count of 4, letting your belly expand. Feel the air filling your lungs.

4. Hold your breath:

- After inhaling, gently hold your breath for 2 to 3 seconds.

5. Exhale slowly: