

## Letting Go

A business associate was telling me a story about his car, a lawsuit and some punk of a kid that wanted to take him on. Thankfully, at forty-some-odd years of age he thought the better, stopped his ego from reacting, and let it go.

We all have to let things go from time to time. We let the sarcastic sales clerk's rude comment fall on deaf ears because getting in a fight about it would be a colossal waste of time and energy.

We let it go when our kids are cut from a team, even though we think he's a star and a million dollar athlete in the making.

Sometimes we have to let someone we love go because they are headed in a direction that's away from us, and all the begging, cajoling, and game-playing won't turn them around and bring them back.

And for some of us, we even have to let it go when our adult children make decisions we think are wrong but they think are right, as the battle between us will never be resolved as long as we sit in opposite corners dreaming up the next strategy to win.

When my first born started school I wondered how he'd get on without me. I fretted about missing him. I even worried that at the tender age of four he might be too young to spend the entire day away from home.

On the second day he stopped me on the sidewalk in front of the school. He put his hand up and declared that I did NOT need to follow him to the back of the school where all the other kindergarten mothers gathered with their babes waiting for the school bell to ring.

I was stunned. All the other mothers stayed with their little boys and girls. All the other mothers were needed and wanted. Why wasn't I?

He persisted and would not let me follow. Defeated and shamed in front of all those 'other mothers', I gathered up his younger brother and sister and with head hanging low, trudged home. I felt sorry for myself the whole way.

A few hours later I had an epiphany. The other two children and I were just finishing our lunch and were planning a quiet afternoon relaxing in the house.

In that precise moment I realized the house was actually pretty darn quiet. With my never-sit-still, energizer-bunny-son safely tucked away in the caring hands of an unsuspecting teacher, my job as a parent had become much, much easier. And quieter. I discovered the whole kid-in-school thing was kind of nice after all.

Letting go of feeling sorry for myself opened me up to a whole new world.

Throughout our life we will have many moments where we are faced with letting something go and the reasons will be varied.

Recently I had to fire a person. It's never an easy task letting someone go, even if there is just cause.

First he argued his case. Then he ignored the fact he was fired and attempted to continue in his job. The week after that, with a bruised ego and an undying need to prove I was wrong and he was right, he postured himself with other associates and customers in what I can only guess was an attempt to save face.

I watched from the sidelines, mildly interested in his shenanigans. It was sad to see actually. In his attempt to hold control of the situation, he made a fool of himself and probably without realizing it; he lost some dignity in the process.

Sometimes you just have to let it go, and this is the lesson for today.

We all have moments where we feel mistreated, hurt or used. There will be times you will need to fight for your rights and there will be times you just need to acknowledge it's over, allow yourself to feel the pain and respectfully let it go and move on.

My business associate with the car and the lawsuit summed it up rather nicely. He said, 'Louise, sometimes when I am all fired up, I have to get on an imaginary bus and let someone else do the driving for a bit.'

Doing so lets him sit in a passenger seat, look out the windows with a 360 degree perspective, rather than staying focused only on what lies immediately in front. Doing so lets him relax, process what has occurred and let go of anything that holds him back from moving forward in a healthy way.

Sometimes we all need to get on that bus. Let someone else drive for a moment so we can ponder the situation, our self worth, our dignity, and whether or not holding on will keep us stuck here in this difficult place, or move us forward on our journey. We should always aim for forward growth that includes peace, contentment, and grace.

The fellow I fired would have been better off had he done that. He may have discovered there really was just cause in letting him go. He may have learned something about himself, grown a little and kept his dignity intact in the process.

Letting go of the things we cannot control and cannot change is essential to our happiness. It not only frees us, it opens us up to discover amazing new experiences, relationships, jobs and people.

So, decide, what do you need to let go so that something better can come your way?

Enjoy the journey,  
Louise

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